

FITNESS ADVOCATE

What Fitness is NOT:

- A Fad
- A Short Term Solution
- An Overnight Fix

I ran track in Junior High in Omaha, Ne. No matter what was going on in our household, running always calmed my nerves and would allow me to escape my reality. Exercising made simply made me feel HAPPY and Empowered. It wasn't until I became a personal trainer, did I learn that this happy feeling was the release of Endorphins. Some experts say endorphins are structurally sillier to the drug morphine and are considered painkillers due to the opioid receptors they activate in the brain; which helps to minimize discomfort, depression, and pain.

I purchased my first membership at Bally's Total Fitness, in Denver, Co, at the age of 19. I recall coming home excited about my new purchase. My mother said, "Fylicia - you mean to tell me you're going to pay \$14.99 a month to go to a gym and lift weights?" She thought it was the most ridiculous investment. To that, I responded, "I plan to workout until the day I die momma." No matter what shows up in life - my go-to method of coping with it is to work out: run, lift weights, jump on a trampoline stretch, yoga, hike and share the benefits of exercise with women, like me, over the age of 40 who might be experiencing a major shift in their life.

I became a personal trainer long before I knew the meaning of:

- Menopause
- Midlife crisis
- House of Cards Falling In

I have the great pleasure and honor of working with women, over the age of 40, who not only want to look good; but they understand the value and importance of feeling good, slowing down the aging process, staying active and leading an energetic lifestyle by working from the Inside/Out to Get it Right and Keep It Tight. My name is Fee king. If you don't like what you feel and see - come see Fee!

