

MODERN FITLIFES

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BRAIN**
on exercise

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SPRING/SUMMER 2019



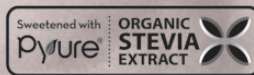
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MODERN**FITNESS**
MAGAZINE

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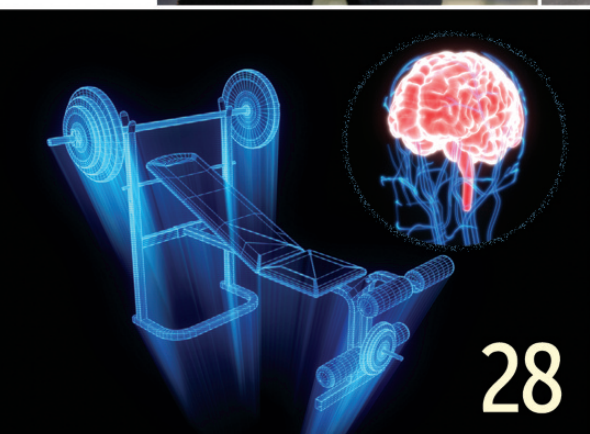
MFM editor-Amber Pera, connects with Miss California and top 10 finisher at the 2018 Miss USA Competition to discuss her many accolades, achievements, and what the future holds for this multifaceted beauty.

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letter from the EDITOR



There are so many things to be excited about in this issue of *Modern Fitness Magazine*. First up, we have Cassandra Martin, making her second appearance in our publication but this time as our cover model. Cassandra Martin otherwise known as “@casssmartin” on social media has made her name known in the fitness industry, and she didn’t do it by being an overtly scantily clad #fitspiration. Beginning on page 32, Cass describes what a day in her shoes errr... construction boots, looks like.

Then there’s Kelley Johnson. Can we take a minute to appreciate this blonde bombshell? Not only is she beautiful but the Miss California USA 2018 alum is an intensive care unit, registered nurse. She graduated valedictorian at Grand View University and has given more than 70 keynote speeches across the country. Get to know her better on page 58.

As you flip through the visually appealing pages and educational articles, I want to recognize our awesome advertisers and highlight the exciting, cutting-edge supplements available at a Nutrishop location near you or online at www.NutrishopUSA.com/shop. Some of my favorites include STANCE™ Supplement’s *BCAA Complex* and TRAILHEAD NUTRITION’S™ *Modern Source Vegan Protein*. Speaking of STANCE™ supplements, you may notice the labels have a new look. Don’t fret friends; it’s still the same great product. If you haven’t yet had the opportunity to visit your local Nutrishop wellness center, pages 64 through 66 can help direct you to the store near you.

Yours in Health,

Amber
Amber Rose Pera,
Editor-In-Chief

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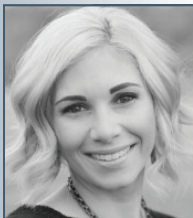
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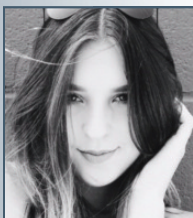
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meet the CONTRIBUTORS



DARCI BOS » *Competitive Chef and Award-Winning Baker*

Darci is also a home cook and all around foodie. With a combination of creative pairings and the desire to blend traditional dishes with a fresh new approach, she has won over the taste buds of many in the food sport industry and continues to land placements in national competitions worldwide. Her now wide variety of self taught skills and abilities to cook, bake, barbecue and grill in any category has fueled a passion to create dishes and recipes that will not only stand the test of time but also prove that a commitment to excellence can take a home cook from the kitchen to the largest stages in the industry.



KELLIE DANIELLE » *Photographer and Videographer*

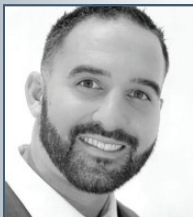
Kellie, a 20-year-old self-taught photographer/videographer, is an influencer in the planning and creation of visual media that connect people with their lives and connect their experiences with the industry. She believes that great creativity is the result of team effort and values working closely with her subjects. Kellie's passion for creativity began the day she picked up a camera at a very young age. Kellie believes her creative knack is a God-given gift.

"The camera is the least important element in photography." — JULIUS SHULMAN



PETE MCCALL » *Exercise Scientist for American Council on Exercise & ACE Certified Health Coach*

ACE Certified Personal Trainer and long-time player in the fitness industry. Pete has been featured as an expert in the *Washington Post*, *The New York Times*, *Los Angeles Times*, *Runner's World* and *Self*. He holds a master's degree in exercise science and health promotion, and several advanced certifications and specializations with NSCA and NASM.



JOHNNY "JR" PAGNINI » *PAGS Media*

The creative mind and founder of PAGS MEDIA, a 5-star marketing agency, JR Pagnini is known in the fitness industry for creating unique and engaging media. He is a seasoned professional with an extensive background in international business development, branding, and marketing. With an eye for detail and a heart for God, JR is focused on living a purpose driven life and business model.



JAMES PATRICK, ACH, ALB » *AAFT Gold ADDY® Award Winning Photographer*

James is an award-winning and internationally published commercial and editorial photographer based in Arizona. He has also worked as a marketing professional, creative director, writer and a public speaker. He is a past recipient of the Inside Tucson Business as an Up & Comer of the Year award and has received more than 20 ADDY® Awards from the American Advertising Federation for his work in photography. James is the founder of the annual FITposium conference and online education network dedicated to providing fitness entrepreneurs with the information, resources and opportunities to grow their careers. You can hear him as host of the FITposium podcast on iTunes.

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CAIT ROBERTSON, MS » *Founder of TheMacroExperiment.com & Head of Avatar Eats*

Cait is a recipe developer, singer/songwriter and speech pathologist from Nashville, TN. She is the founder and owner of TheMacroExperiment.com and head of Avatar Eats at AvatarNutrition.com. Cait cultivated her passion for creating high protein recipes many years ago when she first discovered flexible dieting. She found so much freedom and joy in creating "macro-friendly" recipes that it became her greatest passion—to help others find freedom, flexibility and enjoyment in their food while still achieving health and fitness goals.

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CIARRA SILLER » *www.PeanutButterPlusChocolate.com*

Ciarra Siller is an actor living in Los Angeles pursuing a career in theatre and film. When she's not on stage, Ciarra is creating art in other places, like the kitchen. She is the photographer and recipe creator behind *Peanut Butter Plus Chocolate—A healthy dessert blog*. www.peanutbutterpluschocolate.com

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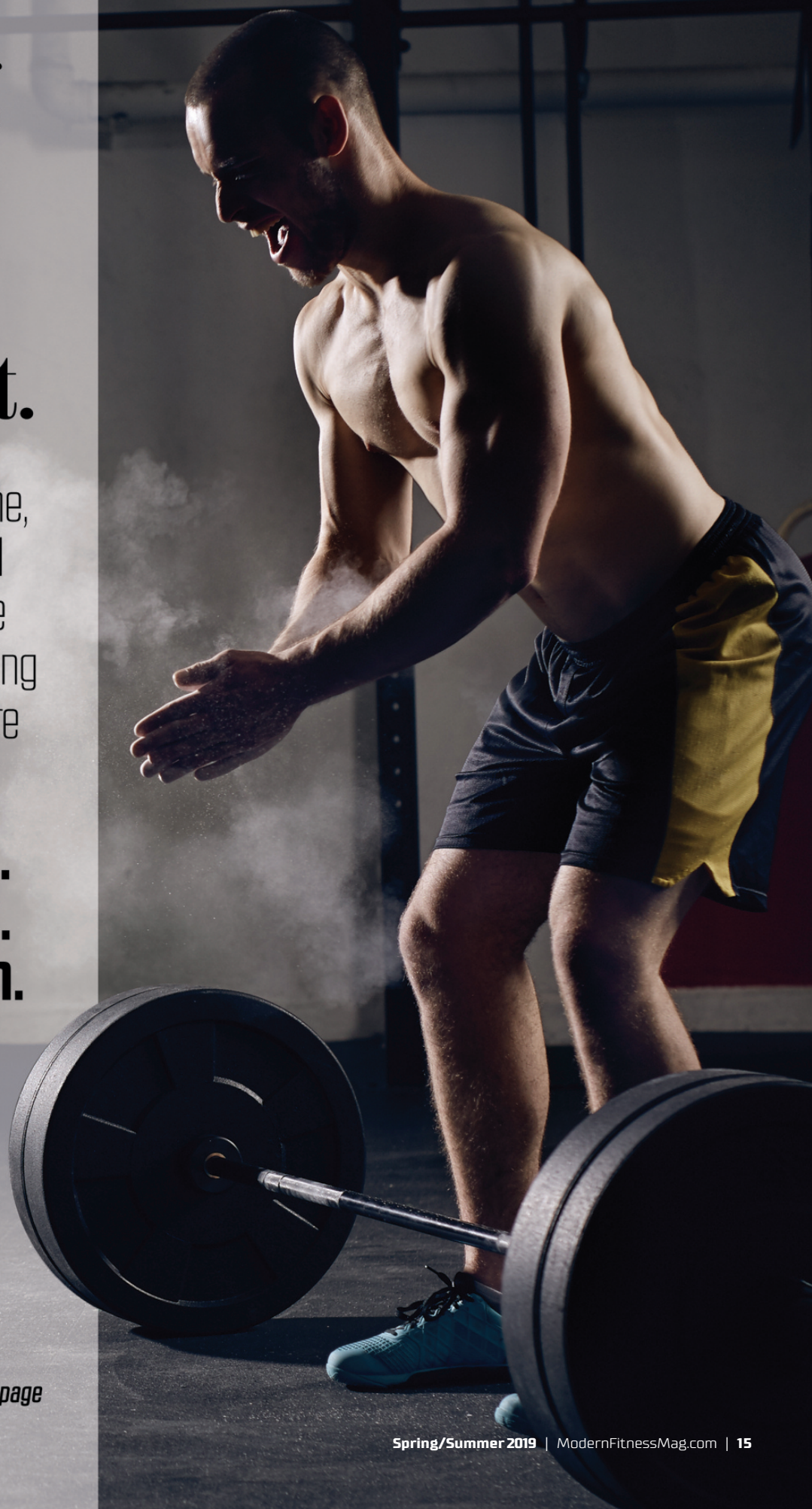
by: Avatar Nutrition Staff

Gaining weight will not happen overnight.

It takes a lot of time, consistency, and patience, but the principles underlying muscle growth are pretty simple.

**Eat enough.
Lift enough.
Rest enough.**

continued on next page



1

EAT enough

In order for us to gain muscle, we need to build new proteins in our muscles. There is a constant game of “tug of war” going on in your body—muscle protein synthesis builds new proteins, but muscle protein breakdown degrades existing proteins. When you tip the scales in favor of muscle protein synthesis, you build new proteins faster than you break them down, resulting in muscle growth.

As you could probably guess, resistance training and protein intake are both really important for increasing protein synthesis. However, people often overlook the fact that energy is like the body’s version of money, and muscle protein synthesis is really expensive!

If you’re not eating enough total calories, you can’t “afford” maximal rates of protein synthesis, therefore muscle growth is impeded.^[1]

When you eat below maintenance calories, cellular processes that stimulate protein synthesis are turned down, and processes that stimulate breakdown get turned up.^[1]

For this reason, you need a caloric surplus to maximize muscle gains. But remember, you can only stimulate so much protein synthesis at a single time. You need to eat enough to fuel this process, but eating more than enough will not result in more muscle gains.



^[1]Carbone JW, McClung JP, Pasiakos SM: Skeletal muscle responses to negative energy balance: effects of dietary protein. *Adv Nutr.* 2012;3(2):119-26.

As mentioned, resistance training is the primary stimulus to kick-start muscle growth. But it's not quite that simple—should you be lifting light weights for many repetitions per set, or heavier weights for fewer repetitions?

A wide range of weights can be used to increase muscle size, which gives lifters plenty of flexibility to train the way they prefer. Muscle growth is similar when you're using heavy or light loads, as long as you're training hard and getting close to the point of failure.

The term "training volume" essentially means "how much stuff you did." It's most commonly quantified by multiplying your weight lifted x # of sets x # of repetitions. Research has shown that muscle growth is similar whether you use light or heavy weights, as long as training volume is similar.^[2]

However, more isn't always better; if you complete too much volume, growth is hindered by the inability to recover. As such, current recommendations call for about 40–70 repetitions per muscle group per workout session, using loads that are adequately challenging.^[3]

The primary mechanisms stimulating growth are mechanical tension, muscle damage, and metabolic stress,^[4] and these can be achieved using a variety of loads. However, it's important to consider the pros and cons when choosing your loads. Heavier weights will apply higher levels of tension and increase strength more, but can be tougher on the joints and require more time to achieve a large amount of training volume.

Lighter loads cause more metabolic stress and can be more time-efficient and easier on

LIFT enough

the joints, but pushing light loads to failure can be brutally unpleasant. As a result, it might be best to include a variety of heavy (1-5 reps per set), moderate (6–12 reps per set), and



light (>12 reps per set) loads in your training, depending on your goals and preferences.

The primary emphasis should be on compound exercises that involve multiple joints, such as the squat, bench press, row, and deadlift.^[3] However, single-joint exercises (like leg extensions for your quads and dumbbell curls for your biceps) performed after these compound lifts can be beneficial for promoting growth, especially for muscles that aren't primarily targeted by compound exercises.^[3]

continued on next page

^[2]Schoenfeld BJ, Grgic J, Ogborn D et al.: Strength and hypertrophy adaptations between low- versus high-load resistance training: A systematic review and meta-analysis. J Strength Cond Res. 2017.

^[3]Helms ER, Fitschen PJ, Aragon AA et al.: Recommendations for natural bodybuilding contest preparation: resistance and cardiovascular training. J Sports Med Phys Fitness. 2015;55(3):164-78.

^[4]Schoenfeld BJ: The mechanisms of muscle hypertrophy and their application to resistance training. J Strength Cond Res. 2010;24(10):2857-72.



You need to train hard to grow, but you need to rest in order to train hard! “Rest” includes how long you wait between sets, how many days you wait between training sessions, and how much you sleep. Short rest periods may increase short-term hormone responses to exercise,^[5] but these appear to be fairly irrelevant to muscle growth. Studies have shown that resting 3 minutes between sets is better for growth than 1 minute,^[6] but there is no additional benefit to waiting more than 2–3 minutes or so.^[7]

Muscle recovery takes some time, so you’ll want to give a muscle time to rest before you train it again. There are several ways to split up your workouts throughout the week; these “splits” fit on a spectrum of how many muscle groups are trained in each workout, and how frequently each muscle gets trained. Some popular training splits are:

Split	Muscles Trained in Each Session	Training Frequency (per muscle group)	Rest Between Sessions (per muscle group)
“TRADITIONAL” BODYBUILDING SPLIT	1. Chest 2. Back 3. Arms 4. Legs 5. Shoulders/Traps	1 x per week	7 days
PUSH PULL LEGS	1. Push (chest, triceps, shoulders) 2. Pull (back, biceps, traps) 3. Legs	1½–2 x per week	3–5 days
UPPER/LOWER	1. Upper Body 2. Lower Body	2–3 x per week	48–72 hours
FULL BODY	1. All muscle groups	3–4 x per week	48 hours

There is no “correct” split, but your split will have an impact on training volume and training frequency. High-frequency splits make it hard to get a ton of volume per muscle group in each workout, unless you have really long workouts. However, they allow you to train a muscle group several times per week. Low-frequency programs offer plenty of volume per session,

^[5]Buresh R, Berg K, French J: The effect of resistive exercise rest interval on hormonal response, strength, and hypertrophy with training. J Strength Cond Res. 2009;23(1):62-71.

^[6]Schoenfeld BJ, Pope ZK, Benik FM et al.: Longer Interset Rest Periods Enhance Muscle Strength and Hypertrophy in Resistance-Trained Men. J Strength Cond Res. 2016;30(7):1805-12.

^[7]Ahtiainen JP, Pakarinen A, Alen M et al.: Short vs. long rest period between the sets in hypertrophic resistance training: influence on muscle strength, size, and hormonal adaptations in trained men. J Strength Cond Res. 2005;19(3):572-82.



but make it difficult to train a muscle more than once or twice per week.

There is debate over how much rest a muscle needs before it is trained again, because there are several ways to measure “recovery.” Soreness peaks 2–3 days after exercise, blood markers of muscle damage peak around 3–5 days after, and reduced force output peaks very shortly after exercise.^[8] This topic is further complicated by the fact that recovery time may be influenced by training status, sex, menstrual cycle phase, nutrition, and specific characteristics of your exercise program.

The ability to generate force is a particularly useful measure of recovery, as it directly assesses your ability to train hard again. The ability to do a single, forceful contraction is mostly restored by about 48–72 hours after exercise, whereas the ability to effectively perform multiple repetitions can still be hindered up to 96 hours after.^[9]

As a starting point, it’s ideal to find a split that allows you to perform 40–70 repetitions per muscle group, while training each muscle group 2–3 times per week, thereby giving each muscle group about 48–96 hours of rest between sessions.^[3] As you become more advanced, the ability to recover often improves; at that point, you might consider adapting your split to accommodate more volume per week, either by adding more volume per session, or a higher frequency of training.

Finally, sleep can’t be ignored. Sleep deprivation has negative effects on metabolism, exercise performance, pain perception, inflammation, recovery, and appetite.^[10] It is also associated with higher levels of hormones that break down muscle, and lower levels of hormones that help build muscle.^[10] As a result, getting enough sleep will support your physique goals by allowing you to train better, recover better, stick to your diet better, and ultimately build more muscle.❖

CONCLUSION: Muscle gain isn’t rocket science... eat enough, lift enough, and rest enough, and you’ll be well on your way! These simple concepts, when applied with some consistency and patience, are all it takes to support your goal of packing on muscle mass.

^[3] Helms ER, Fitschen PJ, Aragon AA et al.: Recommendations for natural bodybuilding contest preparation: resistance and cardiovascular training. *J Sports Med Phys Fitness*. 2015;55(3):164-78.

^[8] Clarkson PM, Nosaka K, Braun B: Muscle function after exercise-induced muscle damage and rapid adaptation. *Med Sci Sports Exerc*. 1992;24(5):512-20.

^[9] Ferreira DV, Gentil P, Ferreira-Junior JB et al.: Dissociated time course between peak torque and total work recovery following bench press training in resistance trained men. *Physiol Behav*. 2017;179:143-7.

^[10] Halson SL: Sleep in elite athletes and nutritional interventions to enhance sleep. *Sports Med*. 2014;44 Suppl 1:S13-23.



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Kettlebell Basics:
**GETTING
INTO THE
SWING OF
THINGS!**

by: **Anthony Wall** – ACE Health and Fitness Expert



THE BEST ATHLETES in the world all start at the beginning. To be good, great or the best, there are no shortcuts. Regardless of your goal—to be the world’s best or to start training with a new tool as a way to introduce something fresh to your program—the key is starting with the basics. That means learning and mastering the basic skills before focusing on how much, how long or how fast.

In an ACE-sponsored study, researchers from the University of Wisconsin-La Crosse concluded that, in addition to the predicted strength gains, kettlebell training improved core strength and dynamic balance, and increased aerobic capacity. With such a diverse increase in specific exercise markers, it’s no wonder kettlebell training continues to grow in popularity.

Regardless of where you want to be in three, six or 18 months, using kettlebells can be a great way to help you reach your goals. Like most training tools, using the correct technique is critical. Take the time to perfect your technique before progressing to the more advanced moves. Many of the advanced movements in kettlebells build on the basic swings and catches. As you become more proficient the basic moves can become part of your warm-up routine to prepare you for more complex movements. Don’t let the want to use a heavy starting weight get in the way of your technique. If your goal is to use the heaviest kettlebell out there, don’t worry—it’s waiting for you. Perfect your technique first. Remember—practice makes permanent, and perfect practice makes perfection.

This program should be completed after running through a warm-up, paying particular attention to ensuring the glutes, hips, torso, and shoulders are warm. Rather than focusing on reps, a different approach is to complete a few reps, stop, rest and repeat. As you become more comfortable, add a few more reps. Set yourself a time range in which you want to work. It is more important to complete the reps while using good form than it is to check the box for a certain number of reps. When starting, take 20 to 30 seconds to complete a set and then rest for 30 seconds. Spend no more than five minutes on each exercise.

(continued on next page)



KETTLEBELL Deadlift

This is a great exercise to start warming up the body.

Set up: Stand with feet shoulder-width apart, toes slightly out. Keep your chest up and back straight. Bend at the hips and slightly at your knees to lower and grip the kettlebell with both hands.

Follow up: While keeping weight on your heels, drive your hips open to a standing position. Brace the core and squeeze the glutes.

KETTLEBELL Two-Arm Swing

This exercise is a foundational movement. Once you master this exercise, you can proficiently move onto other movements such as the single-arm swing, snatches, and cleans.

Set up: Start with a kettlebell on the floor, centered in front of your feet. Assume a deadlift position. Grasp the kettlebell and extend and hike/pull the kettlebell up and back through your legs. As the kettlebell reaches the end of its arc, use a sharp explosive movement and extend your knees and hips.

Follow up: Contract the glutes as you extend your hips, and keep biceps close to the rib cage. The kettlebell should travel up to approximately mid-chest height.



KETTLEBELL Single-Arm Swing

This movement starts to challenge the core because you not only need to control the kettlebell as it swings through its arc but the rotation as well.

Set up: Start with a kettlebell on the floor, centered in front of your feet. Assume a deadlift position. Grasp the kettlebell with one hand and extend and hike/pull the kettlebell up and back through your legs. As the kettlebell reaches the end of its arc, use a sharp explosive movement and extend your knees and hips. The kettlebell should travel up to approximately mid-chest height. **Tip:** Turn the thumb of the hand holding the kettlebell toward the glutes as you swing back and then twist (supinate the forearm) toward the front as you swing the kettlebell forward. Complete the desired number of repetitions and then switch sides.

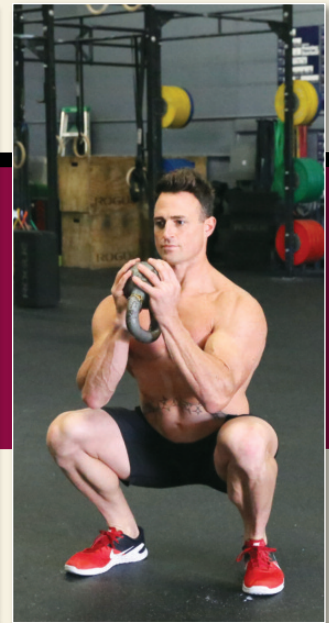
Follow up: Keep the grip arm straight and strong through the arc.

KETTLEBELL Goblet Squat

This exercise is one of a few different ways to perform a squat using a kettlebell.

Set up: Hold a kettlebell with both hands at chest height. Stand with the feet shoulder-width apart and toes slightly out. Keep your chest up and back straight.

Follow up: Bend at the hips and knees and push your hips back. Keep your elbows forward as you sit back down into a squat. Keep weight on your heels as you drive hips back up to a standing position.



KETTLEBELL Lunge

This exercise can also be performed with a kettlebell in one hand, both hands or with a single kettlebell extended over the head.

Set up: Stand comfortably and hold a kettlebell in either hand. Step forward into a lunge with the opposite foot.

Follow up: While keeping the chest lifted and the shoulders pressed back, push through the forward leg back to the standing position. Complete the desired number of repetitions on one leg and then switch sides.

The entire staff of *Modern Fitness Magazine* would like to extend a very special thank you to Wayne Willette, coach and owner of CrossFit CrownTown, for demonstrating the proper form and use of kettlebells.

Wayne is a 6X CrossFit Games regional athlete and brings a wealth of knowledge to the health and fitness industry.❖



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Your Brain on EXERCISE

by: Lorne Opler
M.Ed., CSCA, ACE Certified Personal Trainer

The
neuroscience
behind a
good
workout



- IMPROVE MOOD, MENTAL HEALTH, MEMORY, INVIGORATION •
- LACE UP AND ALLOW BIOCHEMISTRY TO TAKE OVER •
- 100 BILLION NEURONS TRANSMITTING INFORMATION •
- ENDORPHINS AND SEROTONIN ARE RESPONSIBLE •

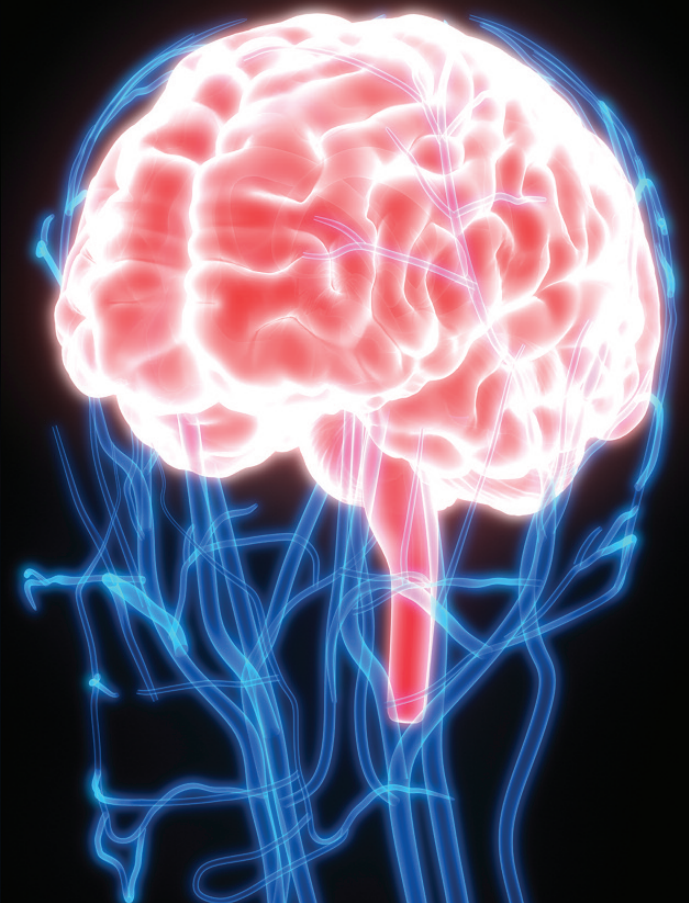
WE'VE ALL BEEN THERE BEFORE: a tough day at work, with the kids or in school. We're exhausted, both mentally and physically, but we still manage to push ourselves and get to the gym. Why do we do it? Because we know how much better we'll feel after an evening indoor cycling class, an hour of kickboxing or a challenging weight workout. We leave feeling refreshed, rejuvenated and invigorated—truly transformed.

Clearly, there's a relationship between exercise and the brain, but what is it? What creates such a dramatic improvement in mood, mental health and even memory following a workout?

Simply put, it's the change in brain biochemistry that takes place when you lace up. The human brain is made up of cells called neurons—100 billion of them—that transmit chemical signals between each other and allow you to interpret the world, both inside and outside. These chemical signals, called neurotransmitters, are responsible for how you feel, how you think, and how you behave. There are approximately 100 neurotransmitters working in the brain to carry out a variety of functions, but two types of neurotransmitters in particular—endorphins and serotonin—are responsible for why you feel so good when you exercise. This is your brain on exercise.

If you participate in any endurance activity, from a vigorous sprint triathlon or a trot on the treadmill to a long walk with your dog, your brain releases endorphins, the neurotransmitters responsible for what some call the "runner's high." It's that feel-good sensation you get after a bout of aerobic exercise. But why do endorphins leave us bathed in an afterglow of calm when we get our heart pumping? Endorphins are the body's internal painkiller. So instead of feeling pain, endorphins leave you feeling pleasure.

continued on next page »



Serotonin is a mood-boosting neurotransmitter and is known as the “happy chemical” because it too makes us feel good. However, unlike endorphins, which initially block pain to produce pleasure, serotonin promotes pleasure itself. In fact, research has shown that a lack of brain serotonin in some individuals has been associated with depressive illness. This is also why the most commonly prescribed anti-depressant medications today work by pumping more serotonin into the brain.

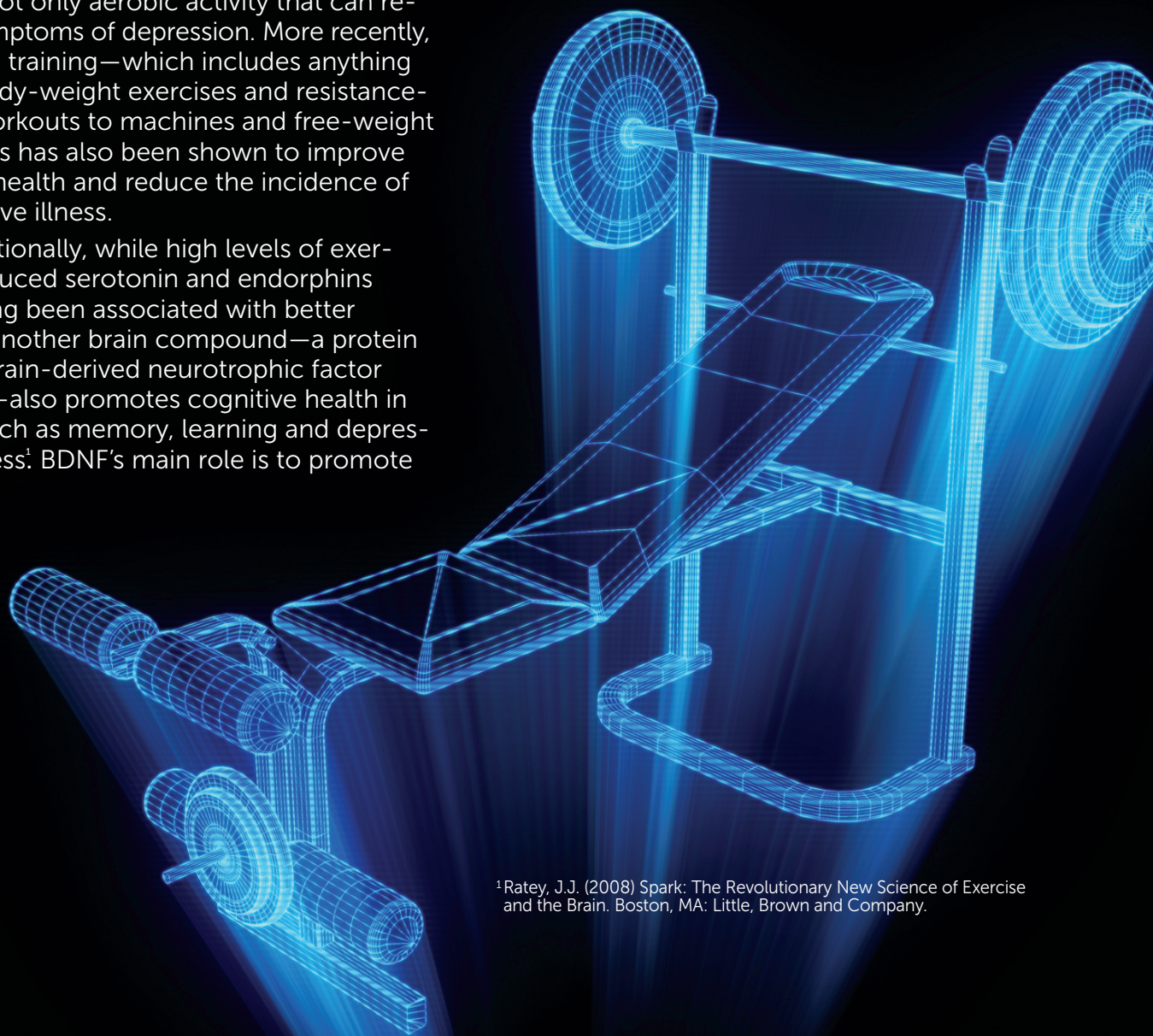
There is, however, a non-pharmacological way to trigger production of serotonin. Research has shown that physical activity can increase brain serotonin levels. For example, a research paper published in the *Journal of Psychiatry and Neuroscience* included exercise among the several possible approaches to boosting serotonin levels in the brain.

It’s not only aerobic activity that can relieve symptoms of depression. More recently, strength training—which includes anything from body-weight exercises and resistance-band workouts to machines and free-weight exercises has also been shown to improve mental health and reduce the incidence of depressive illness.

Additionally, while high levels of exercise-induced serotonin and endorphins have long been associated with better mood, another brain compound—a protein called brain-derived neurotrophic factor (BDNF)—also promotes cognitive health in areas such as memory, learning and depressive illness.¹ BDNF’s main role is to promote

the survival and growth of neurons and to ensure the proper transmission of chemical messages between brain cells. If neurons die, chemical signals are interrupted and cognitive functioning declines. The presence of BDNF strengthens neurons, ensuring their survivability, which means message signaling continues to hum along nicely, sustaining a positive mood, intact memory, and better learning. It’s no surprise that the best way to trigger production of BDNF protein is—you guessed it—exercise.

Of course, understanding the inner workings of your brain on exercise is more than just a nice set of facts to know about mental wellness. Knowing exactly why exercise helps improve your mood can be a powerful tool to get you to the gym on those days when you would prefer to skip it. ♦



¹Ratey, J.J. (2008) *Spark: The Revolutionary New Science of Exercise and the Brain*. Boston, MA: Little, Brown and Company.

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A DAY IN THE LIFE OF Cass Martin

An exclusive glimpse into Cass Martin's life.

Hi Everyone, my name is Cassandra Martin, also known as @Casssmartin, on social media. I work as a full-time construction laborer with my husband, Hunter. We have owned and operated our contracting business over the last eight years. The previous four years, we've been buying and flipping homes. When I am not on the job site, I am in the gym training and trying to be my best.

I started in the construction industry by accompanying Hunter to work one day. That day, he was working on a basement remodel. I fell in love right away with the whole process of building and creating. Since then, we have completed hundreds of jobs from complete re-roofs and additions to dozens of property flips.

(continued on next page)



The most satisfying thing I have learned through working a physically demanding labor job is similar to the gym; you only get out what you put in. It has taught me to be patient and put the effort in, and it will indeed pay off. Many times the hard way is the only way! This mentality has helped me in my training significantly. When I first started training, everything was so heavy and arduous and didn't feel right. However, I just kept pushing knowing that one day it would pay off and things began to steadily become easier.

As I began the training process with the mindset of improving my health, I noticed that my workload on the job site started to become a little more comfortable as well. As I gained strength in the gym, lifting items such as full 5-gallon buckets and sheets of plywood that previously were a struggle became much more bearable. I credit both the gym for my success in construction and construction for my success in the gym. They have worked hand-in-hand in helping me get to where I am today.

Being involved in the fitness industry was never something I felt I could be a part of. It all happened so fast and was something I honestly never expected. I always thought being in the industry meant you had to compete and win bodybuilding shows to even have a chance of being accepted. As my knowledge of training, health, and nutrition grew, I realized competitions were not for me. I started posting on Instagram not knowing anything about social media or how it worked. My husband and I never had social media before this all began. We started making little workout clips because it was fun and kept us accountable. However, I knew if we were going to record something I wanted to give it my all and leave nothing on the table. I was fortunate in having people take to my journey and support my efforts. To this day it is still so surreal for me to have the support of so many.

A woman with long brown hair, wearing a green tank top, is shown from the chest up. She has a frustrated or angry expression, with her mouth wide open in a yell and her tongue sticking out. She is holding a yellow power tool, possibly a drill or a sander, in her right hand, which is in the foreground. The background is blurred, showing some outdoor structures. Overlaid on the right side of the image is large, white, handwritten-style text.

"You
only
get out
what you
put in"

(continued on next page)

A DAY IN THE LIFE OF Cass Martin

Here's a glimpse of what a typical day looks like for me:

- 5:00 am-** Yup, I wake up every day at this time. I like to get up early and start my day because if I sleep in, I feel like I am not being as productive as I feel my day is already behind.
- 5:15 am-** I get online and check emails, Instagram comments and questions, and edit/create a video post for the day. I also take this time to log in to my training app, Lift With Cass, and interact with everyone, which is super motivating seeing everyone in the app putting in so much work. It makes me excited to start my day and hit the gym!
- 6:00 am-** It's time for breakfast--I have my first meal which is my pre-workout meal. It is usually a heavy carb meal such as oatmeal, fruits, and a protein shake. After breakfast, I'm ready for the gym.
- 7:15 am-** Take my pre-workout either Hard Work, Pump Action, or Overtime. Depending on the day I like to switch between them for better results. Leave for the gym to train.
- 9:00 am-** After the gym, I enjoy my 2nd meal. This meal always consists of protein such as egg whites and Greek yogurt for some additional protein and carbs.
- 9:30 am-** Change into my work clothes and head to the job site. If we have to go pick up materials or accessories, this is the time we go stock up for the workday.
- 11:00 am-** I shake up 1 scoop of protein and mix it with water.
- 1:00 pm-** For my 4th meal it's 5oz ground beef, 1 cup white jasmine rice, 1 cup steamed broccoli
- 4:00 pm-** Another protein shake.
- 6:30 pm-** Usually head home from work and stop if we need to get something for the next day such as food or anything we may need for the night.
- (Whenever I can catch a break or when I'm having my meals, I love to get online and write back to as many people as possible and answer any questions people might have. The same goes for business calls and emails that are also going on!)
- 8:00 pm-** Meal 6- Dinner time! 6oz sirloin steak with 1 medium baked sweet potato and 1 cup of roasted asparagus.
- 10:00 pm-** Get ready for bed and make sure I am caught up on emails and messages.
Also, I like to take this time to hop back on social media and get back to as many people as I can! Sweet dreams!❖





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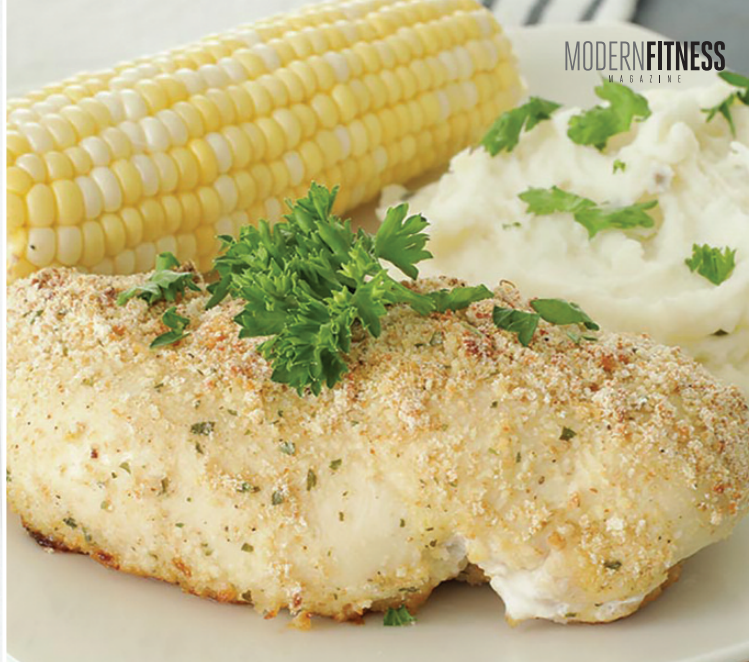
recipes

FIT FOODS

spring/summer 2019
contributors:

- Darcy Bos
Fit Foods Recipes
- Katie Ferraro
ARTICLES
*6 Satisfying No-Sugar Added
Steps for Better Grocery Shopping*
- Cait Robertson
Fit Foods Recipes





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MAGAZINE

INGREDIENTS:

- 1 packet ranch seasoning
- ¼ cup parmesan cheese
- ¼ cup breadcrumbs
- 3 skinless raw chicken breasts
- 2 tbsp liquid egg whites

DIRECTIONS:

- Pre-heat oven to 350°F.
- In a bowl, combine parmesan cheese and breadcrumbs.
- Pour liquid egg whites into another bowl.
- Place each piece of chicken into egg whites, then immediately dredge into parmesan/bread-crum mixture until completely coated. Then place on greased baking sheet.
- Bake for 45 minutes to an hour until chicken is cooked through. Enjoy!

CRISPY RANCH Parmesan Chicken

by: Cait Robertson // Avatar Nutrition

Here's a fun new way to spice up your baked chicken game! With just a few simple ingredients, you can completely transform boring chicken into a delicious, crispy, cheesy dinner delicacy.



INGREDIENTS:

- 2 slices cold smoked salmon
- 2 tbsp whipped cream cheese
- 1 slice healthy life/low carb bread
- 1 egg
- A dash of salt, pepper, and fresh dill

DIRECTIONS:

- Spray pan with non-stick spray and cook egg on low until desired doneness.
- While egg is cooking, spread cream cheese over toast and add salmon. Lightly toast in toaster oven for 2-3 minutes.
- Place egg on toast and season with a dash of salt, pepper, and fresh dill.



MODERNFITNESS
MAGAZINE

SMOKED SALMON Breakfast Sandwich

by: Cait Robertson // Avatar Nutrition

Give this gourmet open-faced smoked salmon breakfast sandwich a try. It has a great balance of carbs, fat, and protein that will keep you full and energized to take on the day ahead.



INGREDIENTS:

- ½ lb. lean ground turkey
- ¼ tsp garlic salt
- 2 tsp fresh parsley, finely chopped
- ¼ cup breadcrumbs
- 1 low-fat mozzarella stick (28g), cut into 6 pieces
- Dash of pepper

DIRECTIONS:

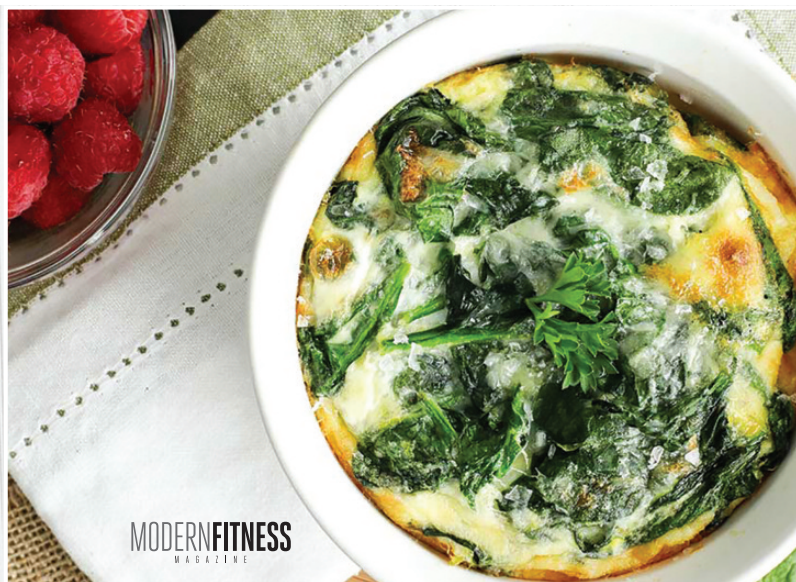
- Pre-heat oven to 350°F.
- Combine all ingredients except for cheese in a large bowl and knead until thoroughly combined.
- Form into 6 meatballs (about 46g each).
- Place ⅓ of the cheese stick into each meatball.
- Place meatballs on a greased cookie sheet.
- Bake for 25 minutes. Enjoy!



MOZZARELLA STUFFED Turkey Meatballs

by: Cait Robertson // Avatar Nutrition

These delicious mozzarella cheese stuffed turkey meatballs make the perfect dinner appetizer or addition to a low-carb pasta dish. Feel free to add some low-carb marinara sauce for a little extra flavor!



INGREDIENTS:

- 3 cups spinach
- 1 cup egg whites
- 1 egg
- 2 tbsp half and half
- ½ tsp garlic salt
- ¼ cup mozzarella cheese

DIRECTIONS:

- Pre-heat oven to 350°F.
- Cook spinach in a greased pan over medium heat until cooked down.
- In a mixing bowl, whisk eggs, egg whites, and half and half.
- Add all other ingredients, including spinach to mixing bowl and stir well.
- Pour into a greased oven-safe 5-6" ramekin and bake for 15-20 minutes until done.

CRUSTLESS SPINACH Mozzarella Quiche

by: Cait Robertson // Avatar Nutrition

High volume breakfast. This entire crustless quiche has only 5 grams of carbs and is very filling. It pairs great with a side of fruit!



MODERNFITNESS
MAGAZINE

PEANUT BUTTER & JELLY Blondies

by: Cait Robertson // Avatar Nutrition

*It's peanut butter jelly time!
This blondie recipe with a twist is the perfect way to crush
your cravings without blowing your macros for the day!*

INGREDIENTS:

- 75g light butter
- 75g vanilla whey
- 130g all-purpose flour
- 1 egg
- 1 mashed banana
- 120g sugar-free strawberry jam
- ¼ tsp baking powder
- 60g PB2
- Stevia or Splenda to taste

DIRECTIONS:

- Pre-heat oven to 350°F.
- In a mixing bowl, melt butter in microwave until softened.
- Add all other ingredients except for strawberry jam and mix well until cake batter consistency is reached. You may need to add a little bit of water to reach the cake batter consistency.
- Gently fold jam into cake batter (do not over mix).
- Pour into greased 9"x9" square pan.
- Bake for 20-25 minutes until you can stick a toothpick in and it comes out clean. Let cool, then slice into 16 squares. Feel free to drizzle with peanut butter and enjoy!



INGREDIENTS:

- 2 ripe bananas
- ¼ cup greek yogurt
- 4 tbsp butter, melted
- ½ cup natural crunchy peanut butter (or any nut butter you like)
- 1 lg egg
- 1 tsp vanilla bean paste
- 1 tbsp molasses substitute honey, maple syrup or agave if so desired
- ¾ cup whole wheat pastry flour (or just regular whole wheat flour)
- ¾ cup old fashioned oats
- 1 tsp cinnamon
- ½ tsp allspice
- ¼ tsp salt
- ½ tsp baking soda
- ½ tsp baking powder
- ½-¾ cup semi sweet chocolate chips (substitute dark chocolate if so desired)

DIRECTIONS:

Pre-heat oven to 350°F. Prep muffin tins by greasing or wrappers. In a medium bowl combine wet ingredients; bananas, greek yogurt, melted butter, peanut butter, egg, vanilla paste, and molasses. Mix well. In a large bowl, combine all dry ingredients-flour, oats, cinnamon, allspice, salt, baking soda & baking powder. Whisk together.

Add wet to dry and stir to combine. Batter will be thick but easy to stir. Add chocolate chips and stir. Spoon into muffin tin, should fill 12. Bake 20 minutes or until toothpick comes out clean, may take up to 30 minutes. When done let cool and enjoy!

MODERNFITNESS
MAGAZINE



HEALTHY PEANUT BUTTER Banana Oat Muffins

by: Darci Bos

*Don't derail your diet—A delicious,
hearty muffin is a great way to start
the day!*



INGREDIENTS:

- ¼ cup light butter
- 100g vanilla whey protein
- ½ cup all purpose flour
- ½ cup unsweetened applesauce
- 3 tbsp egg whites
- Stevia or Splenda to taste
- ¼ tsp baking powder
- 1 8 oz. package nonfat cream cheese
- 1 cup melting white chocolate

DIRECTIONS:

- Allow cream cheese to sit out until softened (1-2 hrs). Pre-heat oven to 350°F.
- Melt butter in microwave, then stir in unsweetened applesauce.
- Add all other ingredients except for cream cheese and mix well.
- Add water until cake batter consistency is reached.
- Place in sprayed baking pan (any size/shape will do) and bake for 8-10 minutes, until you can stick a toothpick in and it comes out clean. Let cool.
- Crumble cake into tiny crumbs with hands into a bowl.
- Add cream cheese to bowl and knead into crumbs until a crumbly dough is formed.
- Form 18 balls and place on cookie sheet covered with parchment paper. Freeze for 30 minutes.
- Melt white chocolate (the pre-made bowls with melting chocolate are perfect for this) and dip each ball in, with about 10g of chocolate for each ball. Feel free to use food coloring and/or sprinkles to decorate.
- Refrigerate an hour and enjoy. Keep refrigerated.



WHITE CHOCOLATE B-DAY CAKE Protein Truffles

by: Cait Robertson // Avatar Nutrition

Sweet, chewy, and satisfying—these simple frosted animal cracker cookie dough bites are the perfect bite size of energy. They'll make you feel like a kid again, and help you hit your macro goals!



INGREDIENTS:

- 1 cup nonfat cottage cheese
- 1½ cup strawberries
- ¼ cup fat free cream cheese
- Stevia or Splenda to taste

DIRECTIONS:

- Place all ingredients in blender and blend for 3-4 minutes until completely smooth.
- Freeze for 30 minutes and enjoy! Feel free to garnish with a few mint leaves.

REFRESHING STRAWBERRY Protein “FroCo”

by: Cait Robertson // Avatar Nutrition

Instead of FroYo, try this “FroCo” recipe which uses cottage cheese instead of yogurt! This huge bowl hits the spot on a hot summer day just like ice cream, but with much more protein!

Seemingly healthy snacks often harbor a ton of hidden sugar. If you're looking to steer clear of added sugars in your snacks, turn instead to the more satisfying carbohydrates naturally found in wholesome foods such as whole grains, fruits, vegetables, certain types of dairy, and nuts, seeds and legumes. Here are six satisfying snack recipes that don't contain any added sugars.

SIX No-Added Sugar SNACKS

by: **Katie Ferraro**
MPH, RDN, CDE, and ACE Blog Contributor



Katie Ferraro, MPH, RDN, CDE is a consultant dietitian and diabetes educator specializing in nutrition communications and family feeding. As a mom to 5 small children and creator of the popular blog *The Fortified Family*, Katie believes that good food fuels strong families. You can read more of her work at www.fortifiedfam.com

1



Spiced-up Popcorn

Popcorn is one of the most underappreciated and underutilized whole grains. As a whole-grain carbohydrate, it's a great way to consume fiber. You can air pop it for a lighter offering, or pop it in your favorite fat.

Try topping your popcorn with brewer's yeast, chili powder or even a spicy curry seasoning mix. If you want to skimp on sugar, skip over the kettle-corn varieties that derive their sweetness from added sugars.

2



Plain Yogurt with Fresh Fruit

One of the biggest food fallacies is that yogurt is good for you. Certain types of yogurt are, but not all yogurts are created equal! In fact, most commercial yogurt offerings are nothing more than a lot of sugar and a little yogurt. If your "fruited yogurt" has 0 grams of fiber, you can rest assured there's no real fruit in there.

But if you yearn for yogurt, why not make your own fruit and yogurt parfait using plain (no sugar added) yogurt and adding fresh fruit? You'll get the vitamin, mineral and fiber benefits of fruit—plus its natural sweetness—on top of the calcium, protein and better-for-you-carbs that yogurt has to offer. Sprinkle with some whole-grain cereal or hemp, sunflower or pumpkin seeds and you've got a satisfying snack without all the sugar.

3



Natural Nut Butter Cracker Bites

When it comes to nut butters, you've got to be a sugar sleuth. Many commercial nut butters have added sugars, so be sure to search for a brand with an ingredient list that lists only nuts and, if desired, salt. Now take that natural nut butter and put it atop a whole-grain cracker for a great no-added sugar snack.

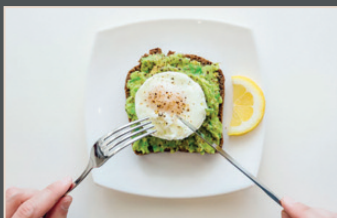
4



Edamame Hummus

When it comes to snacks, do you dig dips? You can spice up your standard hummus recipe by adding edamame (soybeans), which provide a boost of nutrition and flavor without any added sugar. Simply puree a handful of cooked edamame, one can of garbanzo beans and some garlic, lemon juice and olive oil together. Dip your favorite chips or veggie sticks and you've got a nutritionally enhanced hummus that steers clear of added sugar.

5



Tricked-out Avacodo Toast

Avocado toast is all the rage for breakfast, but it also makes a great snack any time of day. Take your favorite whole-grain bread base, toast it up and top with smashed avocado. Add lemon juice, sliced tomato and a fried egg or smoked salmon to shake things up. The combination of carbohydrate from the whole grain, fat from the avocado and protein from the egg or salmon is a great way to craft a snack that will keep you fueled between meals.

6



Roasted Chickpeas

If you crave a little crunch in your snacks, try roasting your own chickpeas. The key here is to rinse your chickpeas first and then pat completely dry. Roll the garbanzos in some olive oil, add salt and pepper or your favorite seasoning mix, and bake at 400°F for 25–30 minutes or until crunchy. ♦



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A photograph of a grocery store aisle with white shelves stocked with various products. In the foreground, the metal frame and red handle of a shopping cart are visible. A large black rectangular area is centered over the image, containing the title and author information in gold and white text.

STEPS FOR BETTER GROCERY SHOPPING

by

Katie Ferraro

ACE nutrition advisor and diabetes educator



GROCERY SHOPPING: *You either love it or you hate it. Either way, you've got to eat. Cooking and preparing more food at home is a great way to shape up your diet. When it comes time to cruise your supermarket's aisles, here are a few simple steps to become a better grocery shopper.*

Don't Forget About Frozen and Canned Foods

Have you heard the recommendation to “shop the perimeter” at your grocery store? The idea here is that more fresh produce, lean meats, and wholesome dairy foods are found on the outer aisles of the store and that processed and packaged less healthful food line the inner aisles. But don't forget that the middle aisles harbor some excellent options, too, especially when it comes to frozen and canned foods.

Not all frozen and canned foods are created equal, and you'll want to steer clear of the high sodium convenience foods in these sections. But the freezer aisle can be your best friend if you're looking to pump up your produce intake. Frozen fruits and vegetables (without added sauces, sugar or salt) are a great way to get year-round produce. Look for frozen berries, which are great for smoothies, and frozen bagged vegetables and legumes such as edamame (soybeans), black-eyed peas, frozen broccoli, corn, and lima beans. Most commercial frozen vegetables have been harvested at their peak season and then immedi-

ately flash frozen, locking in key nutrients and great flavors.

As far as cans are concerned, skip canned vegetables such as carrots and beans, which are nutritionally stripped down and sitting in salt water. Instead, seek out canned legumes such as black beans, kidney beans, garbanzo beans, and white beans. They save a ton of time vs. soaking and cooking them at home, plus they provide plant protein and fiber. If you're concerned about sodium, rinsing these products under the faucet can reduce sodium by about 30%.

Look Down Low

Food brands pay a premium price to be at eye level on the shelf in your grocery store. Often times you're paying marked-up prices for the same foods you can find below. So next time you're at the store, don't forget, look down low.

The lower shelves are where generic or less expensive versions of foods or brands are found, which are likely to have similar quality standards

(Continued on next page)



with less expensive prices. Then reinvest the money you save from shopping the lower middle aisles into a few more servings of fresh fruits and vegetables.

Seek Out Seasonal Produce

We're lucky to live in a land of plenty where most foods are available to us whenever we want. But there's something to be said about purchasing peak-season produce. When you buy fruits and vegetables that are in season, you not only save money (because produce is more affordable when it's in abundance), but those foods will taste better and are actually better for the environment.

Shipping out-of-season produce to you from halfway around the world not only costs more money, but it also takes its toll on nonrenewable resources. To learn what foods are in season now so you can shop seasonally, visit www.seasonal-foodguide.org.

Shop the Circular

You probably get your local grocery store's circular in the mail, and if you're like most people, you immediately throw it in the trash. But take a second look at your weekly supermarket ad. Using the ad or circular is a great way to help plan your meals. You can take a glance at what's on sale and available in your store before you even get there. Many larger stores also have their ads online or offer online coupons, so you can

cross-reference with recipes for the week and streamline your meal planning by using the circular as your grocery store guide.

Don't Shop with a Growling Stomach

It's a good idea to fuel up before you head out to the grocery store. Shopping on an empty stomach is the last thing you want to do, as it leads to impulse buys and less healthful store selections. And extra credit for you if, along with a snack, you also pack your grocery list.

Shopping with a list helps you stay on task and makes you more likely to buy the wholesome foods you know you need. Pick out recipes you want to prepare for the upcoming week before you hit the store, and use their ingredient lists to help shape your grocery list.

Let the Internet Shop for You

With the advent of all sorts of online shopping tools, if you really despise grocery shopping, you don't even have to physically go to the store anymore. Online apps, services, and personal shoppers can help save you some serious time if you can't get yourself to the store. Shopping from the comfort of your own home means you can quickly survey what foods you have on hand, select the ingredients you absolutely need and, with a click of the mouse, let someone else do the shopping for you.

So there you have it, a few simple steps to make you a more savvy grocery store shopper! ♦





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10

WAYS
a health coach
can help you turn
your health and
fitness goals
into a reality.

by: Dr. Jessica Matthews
DBH, MS, NBC-HWC, Senior
advisor and master health
coach for the American
Council on Exercise (ACE).

Month after month, many of us make the all-too-familiar vows to exercise more, eat healthfully and lose weight. While these promises are well-intended, more often than not they are short-lived. Is lack of motivation to blame? Or perhaps just merely a shortage of willpower? The truth is, the key to taking your health and fitness to the next level may lie in partnering with the right professional—one who you likely are not yet working with. If you're ready to break free of the cycle of broken pledges and instead start making meaningful and sustainable lifestyle changes, consider the ten ways a certified health coach can serve as a trusted ally in helping to transform your health and fitness goals into a lasting reality.

Partners with you in becoming your best possible self

1 Unlike other professionals, a health coach collaborates with you on your health and fitness journey, empowering you to establish a clear vision for your future and to truly envision—and take action toward becoming—the best possible version of yourself.

Offers support in focusing your efforts

2 While the thought of turning your health and fitness goals into a reality may seem overwhelming, partnering with a health coach will enable you to focus your efforts on the initial steps needed to effectively and efficiently move towards realizing your personal goals and dreams.

Asks the right questions that unlock meaningful answers

3 A qualified health coach truly understands and respects that ultimately you are the foremost expert in your own life. With specialized training in research-supported behavior change strategies, health coaches mindfully listen and thoughtfully ask the right questions that will ignite your internal motivation and keep it burning bright as you work toward realizing your personal goals.

Journeys with you without judgement

4 Health coaches see each individual client as the unique and amazing person that they are who is resourceful and capable of change. Without judging where you are or where you have been on your health and fitness journey, health coaches support your personal efforts and overall well-being on all levels—physically, emotionally, mentally and spiritually.



Co-creates an individualized plan rooted in your values

5 There is no one-size-fits-all plan when it comes to reaching a health and fitness goal, which is why a well-qualified health coach

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strives to get to know you and what is most important to you. Doing so ensures that the personally tailored plan the two of you co-create together aligns with your values, promoting enhanced well-being in ways which are most meaningful to you.

Leverages your strengths to set yourself up for success

6 As opposed to dwelling on what is “going wrong,” as so many of us often do, health coaches empower you to hone in on what is “going right” in your life, enabling you to truly see and ultimately leverage the strengths that you already possess that will enable you to turn your dreams into a reality.

Guides you to check, challenge and change the way you think

7 What often holds us back from reaching our goals is our own defeating self-talk. Working with a health coach increases your awareness, allowing you to catch your own negative self-talk and to check in with yourself, inquiring as to whether these thoughts are really accurate. From there you can then begin to retrain your brain to ultimately reframe these self-limiting beliefs, transforming them into truthful statements that recognize, honor and celebrate the unique individual that you are and all that you are capable of achieving.

Recognizes barriers and supports you in overcoming them

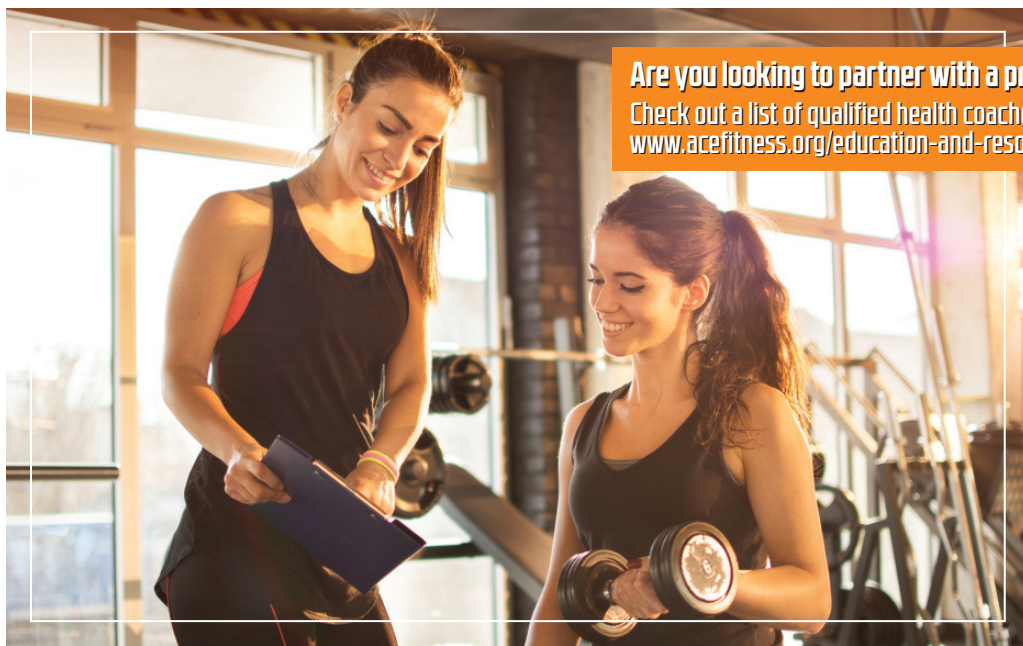
8 Health coaches understand that setbacks are an inevitable part of the behavior change journey. As such, a qualified coach will work with you to identify and employ self-directed strategies for overcoming any hurdles or unforeseen challenges that arise as work toward your health and fitness goals, allowing for positive, continued movement forward.

Reminds you to remain flexible in your approach

9 Just as life is fluid and dynamic, so too is the path to reaching your health and fitness goals. By partnering with a great health coach, you will be equipped with the skills needed to navigate the ever-changing tides of life with confidence and ease, remaining adaptable and agile in the pursuit of your personal aspirations.

Empowers you to become more accountable

10 Health coaches recognize that the most important person that you should hold yourself accountable to is you. A great coach can offer guidance and support in establishing systems for self-monitoring your own progress, enhancing your commitment to not only reach but to surpass your health and fitness goals. ❖



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BEYOND THE CROWN

An exclusive interview with Kelley Johnson | by Amber Pera, Editor-In-Chief-*Modern Fitness Magazine*

Kelley Johnson was crowned Miss California USA and awarded Top 10 at the 2018 Miss USA competition. Within this role, Kelley has modeled, hosted and created content for both brand social media and television, and served as a community liaison for the Miss Universe Organization. Previously, she represented the Miss Colorado Organization across the nation as Miss Colorado. Kelley competed for the title of Miss America 2016 and was awarded second runner up.

Kelley is remembered for her nursing monologue performance in 2015 that led to the famous “Doctor’s Stethoscope” comment and the #NursesUnite campaign. Kelley graduated summa cum laude from nursing school at Grand View University, where she was also valedictorian. She is a registered nurse, and is also finishing doctorate school at the University of Denver, scheduled to graduate in 2020.

Her year as Miss Colorado included appearances on the Ellen DeGeneres Show, Dr. Oz, The Doctors, E! News, Inside Edition, and various other television, radio, and speaking engagements across our country. Currently, Kelley lives and works out of Los Angeles as the Chief Nurse Advocate for Wanderly, a travel nursing technology company. Kelley is also the national spokeswoman for Hurst Review, a nationwide NCLEX review service, and continues to host and emcee television shows and pageants across America.





When Kelley finally caught a break in her busy schedule, we connected in sunny Southern California to get personal, and hear what's on the horizon.

How did you get your start in pageants?

KJ: Miss Colorado was my very first pageant in 2015. Since then, I have done Miss America, Miss California USA, and Miss USA. I never grew up doing pageants, and I didn't have any interest in anything that had to do with a pageant. When I won Miss Colorado, I had a dress from Craigslist, and Chap Stick and mascara on my face. I competed specifically for scholarship money, and was shocked and worried when I won. I thought to myself, "What just happened? How am I going to give up nursing for a year as a pageant girl? I didn't even remember to bring a swimsuit! I am so screwed..." Then, after performing my monologue on TV for America, it turned out to be the incredible year that had everything to do with nursing, totally changed my life, and sent me on the greatest media tour I could ever imagine.

How many years have you been participating in pageants?

KJ: I have only participated in four, over three years.

Can you tell us more about your experience as Miss California USA 2018?

KJ: Absolutely! I think there is a large misconception about pageantry and that is the difference between the competition and the job of a titleholder. Yes, we all compete in the big gown, model the swimsuit, and answer some ridiculous question in thirty seconds on stage. But that is just the competition. The JOB of a titleholder, the woman who actually wins, is the complete opposite. It doesn't make much sense, right? Think about it as the competition is for the fans and for television, and the job is for the community and state. My job as Miss California USA is why I put up with the competition portion. I travel around the state visiting schools, veteran's hospitals, nursing homes, colleges, children's hospitals, fundraisers, 5Ks, galas, large corporate events, and service organizations. The job is a volunteer opportunity, yes, unpaid. We serve our communities and hope to be role models for the younger girls looking up to us who may want to compete someday. It is a TON of fun, and it has been the year of a lifetime.

Can you give us an example of a lesson you've learned that others might relate to?

KJ: As Miss California USA, the biggest challenge and struggle I had to overcome was removing someone really close to me from my life, halfway through my year. It has been a growing experience, a learning experience, and in the end, one of the best decisions I ever made. You have to remember your value, remember what you are worth, and remember what you deserve out of life. You have to fight for yourself, and you have to fight for the life that ultimately you want. Do not ever settle. There are plenty of reasons to make decisions, but the most important one is YOU.

What was one of the biggest challenges you've had to overcome?

KJ: Hmmm... that is a great question and honestly, so many things flood my mind. But instead of feeling like, "poor me, I've had a lot of serious trauma in my life", I'd prefer to look at it as, "I am one tough woman. I have overcome many things that eventually made me stronger." Let's roll with the second outlook! When I was four years old, my Dad died from colon cancer. There are few things that happen to someone in their first five years of life that have such a lasting effect on the rest of their life and the human they turn out to be. I never realized at the time, being only four, that I would miss and think about losing my dad at every holiday, graduation, marriage, birth, pageant, etc. and the ways that not having him here would affect the ways that I operate in everyday life now as an adult. To many people, saying the words "dad" and "my father" are very normal for them. To me, it is super foreign. I have not said those words to the man they belong to for 23 years, so saying them all just does not mesh with my vernacular. However, this story does not end sadly. Yes, I have had to overcome unbearable loss, as many people do, but I was given some serious sunshine within all of the darkness. I have the most incredible step-dad on the planet. A man who has not missed any of those life events I mentioned above and has gone above and beyond to be the glue that picked up our broken pieces of a family and put us all back together. In this lifetime, I was given two incredible fathers.

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You're in incredible shape, what kind of "diet" do you follow?

KJ: Haha! Thanks, Amber. It has not always been this way. Considering I am labeled as a "pageant girl", I would like to point out that I was twelve, yes TWELVE, sizes larger in high school. And ya know what? I liked me then, too! You see, I have always been a competitor. When I was in high school and through college I was much "larger", because I was eating more and lifting really heavy weights to perform at an extremely high level and succeed at volleyball. I played competitively for twelve years and my body composition became what it needed to be in order to perform, protect itself, and handle the physical strain that is collegiate athletics. When I started on my journey to the shape my body has now taken on, it was for a different type of competition, pageantry. I don't need all of that muscle any longer, because I am done with athletics. Currently, I eat mostly Paleo, but I am not super restrictive. I have no problem going out to eat or to a fun happy hour and living my life. When I was preparing for Miss California USA my diet consisted of lean meats, vegetables, complex carbohydrates, and lots of water. A sample day would look like this: chicken, asparagus, sweet potato, one apple, and egg whites. Now, obviously that is not super sustainable. I try to focus on whole foods that fuel my body nutritiously, but you're not going to see me saying "no" to Taco Tuesday or Bachelor Wine Mondays that often, either. Life is all about balance and enjoyment.

Haha! It's all about balance, great advice. Now, with your busy schedule, what is your training routine like?

KJ: Oh, gosh. I will be honest with you. I do one workout and one workout only. I go to SoulCycle about four times a week. I am super addicted, and I will admit it. I love my instructor, I love my Soul community, and it makes me feel incredible. It is a very intense cycle class to music with choreography. It keeps me long and lean!

Do you prefer to take your workouts outdoors or stay inside at the gym?

KJ: I love this question! I should have specified, the only "organized" workout that I do is SoulCycle indoors. However, I love love love to take a workout outside. I love to go hiking, biking, running, walking, and anything and everything that puts you on a mountain or in the ocean. I am a total athlete. I am always up for anything outside, and if it makes me sweat even better!

From Costa Rica to Colorado, you seem to always be on the go. How do you stay healthy while traveling?

KJ: It is all about planning, Amber. Seriously. Planning ahead of time is key. For me, I like to plan my workouts, so if I am traveling somewhere with SoulCycle I make sure to book a bike. If I am not, I organize something active within the vacation (hiking, swimming, etc.). If I am truly looking to vacation, there have been many times where I take the entire week off from workouts, too. That is just the truth. Sometimes we all need a break. Plus, you can always make healthy choices even when you're having fun. You can order a lower calorie beverage, or skip the pasta and enjoy the salmon. There are little swaps you can make so you don't feel "yucky" on vacation, but you can still enjoy some of the best parts about getting away. If you just HAVE to succumb to all of the calories and stagnancy that traveling can promote, just get back on the train when you're home. No shame!

You're also a registered nurse, what made you choose nursing as a career?

KJ: Honestly, it was such a magical moment. It sounds so cheesy, but I knew in an instant what I was supposed to do with my life. When my Dad was in the hospital before he passed away, he was referred to as "Colon cancer in room 453" by someone in the hall. Just like that he was narrowed to a room number and a diagnosis, not Alan Johnson who was dying and had three little girls at home, a wife, was a brother, a son, a friend. Just a room number and a diagnosis. But... we had a nurse who knew everything about my sisters and myself. She knew where we went to school, she'd call my mom after hours, and she took extraordinary care of my Dad. That's when I knew. I needed to be what she was for me for another family.

Wow, sounds like it was magical. I'm so happy you found your calling amongst such a difficult situation. Is there a specific field of nursing you're in?

KJ: Thank you. I am in travel nursing, and my specialty is intensive care.

Thank you so much for sitting down with us, before we wrap up, can you tell us what's next for Kelley Johnson?

KJ: So many wonderful things, Amber! I am continuing my public speaking career throughout 2019. My work with Wanderly and Cherokee Uniforms is continuing. I am finishing up doctorate school at the University of Colorado. And most importantly, I am enjoying my incredible life with my English bulldog living right by the beach and soaking up all of the things that Los Angeles has to offer! ♦



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Cookeville, TN 38501
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Ste. 5
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(901) 207-1763

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Franklin, TN 37067
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Gallatin, TN 37066
(615) 461-8053

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Hendersonville, TN 37075
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Cypress, TX 77433
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Fort Worth, TX 76132
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McAllen, TX 78504
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