

# INSPIRED BY PURPOSE

July 2013

Inspiring professional and personal growth by sharing individual contributions, and positively influencing as many lives as possible through community socializing.



## A community where leaders inspire leaders Reno, NV

By Channéll Holmgren

### CONNECTION

Inspired By Purpose believes in building not only healthy bodies, but healthy professional and personal relationships. Many of us are already aware that there is a direct correlation between success and our relationships. We are most like those we associate with. By building healthy minds, bodies and relationships we are able to unite to build healthier and more resilient communities;

especially needed during the storms in our lives. This is where great changes and impacts on the community happen. We must be physically, mentally and spiritually strong to have a POWER OF INFLUENCE.

Our goal is to increase knowledge and awareness of the mind and body via community spirit. Anyone can read a book or surf the web for information, but human interaction can never

be replaced, and knowledge must be applied. This is experience. When we learn together and grow together, we can connect on deeper levels and better value our experiences. We successfully change our lifestyles together, and in support of one another. Our success empowers others to do the same! We believe in the transformation process!

## Inspiration:

We create stimulating environments by sharing evidences of success! There is nothing more powerful then sharing and celebrating the growth that people have found through our community! We aim to inspire others through your efforts, commitment and hard work. Inspired By Purpose provokes success and shares resources.

### Wife, Mother, and Former Quitter

By Aleta Simmons

When I had my daughter 8 years ago, I gained 55 pounds during pregnancy. Though I lost most of the weight, I know what I gained caused further damage to my already weakened joints. Several years later, I started gaining weight again, and I'm not even sure why. I just became less and less active and steadily gained about 10 pounds a year over the last 3-4 years. When I did try to work out, I got discouraged quickly. One trainer several years ago even told me not to even try to run on a treadmill with my knee problems but to stick to other equipment.



"I didn't even start this year with a goal. In fact, I didn't even take any "before" pictures of myself because I never expected to see the results I do now, 8 months later."

**Aleta Simmons, aka. Leta**

Age: 29

Pounds Lost: 28

Backstory: Mother, Wife, Tattoo Lover, Former Quitter, Current Inspiration

During the summer of 2011, I started thinking about joining a gym again. I wasn't even concerned with how my body looked at that point, but I knew I was unhealthy. I was tired all the time, my stomach always hurt, and I knew it was time to do something, but I still lacked actual motivation. In January of 2012, two friends of mine mentioned they were going to check out a gym in town, and I asked if I could tag along. None of us even planned on signing up for a membership that day, but we all did and agreed we'd go together on a regular basis. We met with a trainer there who wrote out a 20 week program for us,

noting our goals and listing what cardio and strength training we should focus on every day.

I didn't even start this year with a goal. In fact, I didn't even take any "before" pictures of myself because I never expected to see the results I do now, 8 months later. Little by little, I realized there was a lot I could do to succeed. I paid more attention to the types of foods I was eating and how often; I'm a vegetarian, so I have to be very conscious of getting enough protein in my diet. When I first started working out, I was exhausted and hungry ALL THE TIME.



#### FREE FITNESS SERIES

When: Tuesdays 12:30-1:30  
Where: Wingfield Park downtown Reno  
Bring: Water, towel  
Cost: Free

## Giving Back Second Annual Shape Up Reno Program!

By Channéll Holmgren

We can all give back in some way whether it be: time, resources, or education. Inspired By Purpose gives back by providing free fitness classes and education to the public via the Shape Up Reno Program. This is our 2nd Annual year and we are very encouraged and excited about the growth we've seen! Andy Bass, Park and Recreation

Manager for City of Reno, has made it possible to team up with the City of Reno by using Winfield Park for free for the benefit of the community at large.

I am honored to be teaching with Tyler Simper of Next Level Performance this year.

[www.cityofreno.com/shapeupreno](http://www.cityofreno.com/shapeupreno)

# Inspire Me Mommy!

Build yourself. Build your children. Build your community.

By Channell Holmgren



**“70% of success in life is showing up”**

-Woody Allen

A solution for busy moms who wish to inspire and lead their children by example through living a healthy lifestyle, and always making time to take care of yourself. As moms take care of their families, they must also remember to take care of themselves. Children mimic our behavior, pick up our habits (good and bad), and tend to embrace the lifestyle of their parents. With obesity and disease on the rise, it is important for moms to do everything possible to ensure a healthy family.

Too often moms allow themselves to have the same old excuse of being “too busy” or not having a babysitter. Inspire Me Mommy! allows moms to make health and fitness a priority in an encouraging environment with healthy social interaction for both mom and child.

At Inspire Me Mommy! children from newborn- nine years old are welcome. Mothers with infant children will utilize their strollers, while mothers with older children will get to help lead and teach their children functional fitness.

Beginning July 2<sup>nd</sup> we will kickoff our “Inspire Me Mommy!” program. We meet 4 days a week, Tuesdays-Fridays. Don’t worry about a babysitter, and stop making excuses! Every fitness level is welcome. We meet in the park at varied times and locations. Please refer to calendar.

Kicks off July 2nd.

July 2nd through July 5th Complimentary

Bring your kids, your friends, leave your husbands at home and come workout for **free**. Enjoy the fun and benefits of building a community with your personal trainer!

**Every Friday class will run an extra 30 minutes for a goal setting workshop.\***

Tuesdays	6-7 pm	Huffaker Park, Reno
Wednesdays	9-10am	Huffaker Park, Reno
Thursdays	9-10am	Sparks Marina, Sparks
Fridays	9-10:30am	Damonte Park, Reno

What to Bring: Water, towel, yoga mat (or other mat), resistance band, appropriate wear for children, jogging stroller (if age appropriate), sunscreen

Cost: \$15 drop in or \$75 per month

\*The workshop is designed to give not only motivation, but the appropriate tools and support to achieve your desired outcomes. You will learn goal setting techniques that can be applied to every area of life. After-all, it’s not about a workout; its about changing your life!

## Bootcamp with a PURPOSE

Everyone is always looking to mix up their fitness with some encouragement and total body integration! Focusing on fundamental movement patterns, core, balance, stability and cardio conditioning “Bootcamps with a Purpose” is the perfect way to get a high intensity workout in at the beginning of your weekend!

When: Saturdays 9:30-10:30 am  
 Where: Sierra Strength and Speed – 3760 Baron Way  
 Bring: Water, towel, fresh shirt if preferred  
 Cost: \$10 drop in. Monthly and current client rates are available.

### Services:

1 on 1 private personal training services are available. I focus on:

Injury Prevention  
 Safe / Effective Fitness Progressions  
 Long-Term Program Development  
 Weight Loss and Nutrition Resources  
 Muscular Development  
 Consulting  
 Lifestyle Changes

All training services are provided at Sierra Strength and Speed.  
 Visit: [www.sierrastrength.com](http://www.sierrastrength.com)

### Upcoming:

We create stimulating environments by sharing evidences of success! There is nothing more powerful than sharing and celebrating the success those have found through our community! We aim to inspire others through your efforts. Inspired By Purpose provokes success and shares resources that have helped us.

### Interested in joining:

[Shape Up Reno \(pg. 2\)](#)

[Inspire Me Mommy! \(pg. 3\)](#)

[Bootcamp with a PURPOSE \(pg. 4\)](#)

To RSVP to any program mentioned please email or text the name of the program you're interested in to:

[channell.holmgren@gmail.com](mailto:channell.holmgren@gmail.com)

775.400.8333

\*\*\*Please include your preferred contact information along with the best time to reach you.\*\*\*

Stay tuned for additional inspiration via our website launching soon!