

Brandon Major

location: Overland Park, KS
occupation: Personal Trainer



Accomplishment: "I'm proud of all the wonderful relationships I have been able to make and keep, and the friendships I've made in the process of doing what I love to do!"

For The Kids: "I helped design after school activities for children."

Training: "I design creative, fun exercise programs for my clients, while always motivating them to achieve more."

Goals: "To train twice as many clients in 2009 as in 2008."

Shannon Hoffmann

location: Kansas City, MO
occupation: Owner Greenacres Market



Accomplishment: "My main accomplishment this year is organizing & executing the Briarcliff Village Farmers Market. It is a complete job in itself And I've thoroughly enjoyed working with the vendors and putting it together. GreenAcres is also a great community resource, especially through our classes, events and seminars; providing quality health products and information so people can improve their health!"

Said It Best: "Love is the essence of life. Loving others and loving yourself will keep you healthy in all ways."

Carl Paratore

location: Overland Park, KS
occupation: Fitness Trainer, Leader, Consultant



Philanthropy: "I've donated time to help in set-up and tear-down of charitable events, as well as donating fitness sessions to be used as auction items. I have been a part of The Athletic Club of

Overland Park for 25 years and contribute to the welfare of all those I have come in contact with. Not only clients, but all who have turned to me for advice and help."

Training KC: "I guide people in their fitness goals and help them adopt them into their everyday life. I work with adults of all ages and children. Some are athletes, Others are recovering from an injury or illness and are trying to improve their quality of life. I have worked with professional athletes, but most are recreational competitors."

José Ruiz

location: Belton, MO
occupation: YMCA: Health and Wellness Director and Personal Trainer



Inspiration: "I like to accomplish at least one thing a day in regards to giving the proper information or tips for someone to have a healthier lifestyle. Whether that be to correct their form in an exercise, help them motivate themselves when they may not be feeling up to exercising that day, or have a client do something they didn't think they could do by motivating them to push themselves a little extra. So, my motivation, each day, is to see what all I can accomplish by having a positive impact on someone regarding their individual health and wellness/fitness goals."

Said It Best: "There is no elevator to success. You have to take the stairs." ~Frank McKinney

Stephanie Simkins

location: Overland Park KS
occupation: Nutrition Consultant & Creator of "Skin" Organic Body Care



Inspiration: "The thought of helping others with nutrition issues and removing chemicals from their bodies keeps me motivated to continue producing affordable chemical-free products and researching ways to make new ones. Everyone deserves to feel healthy and everyone should be able to use products on their body that aren't filled with chemicals."

The Skinny: "I create chemical free skin and body care that feels and smells like luxury products without parabens, synthetics, animal products or artificial ingredients. All my products are created by hand with essential oils for mind, body and spirit healing, and I promote wellness in the community with nutrition counseling and education."

Mary Barren

location: Shawnee, KS
occupation: Shawnee Fitness Club: Assistant General Manager



Fitness Myths: "I try to get people to understand that fitness is not about a certain size or weight or age. It's about living healthy, living long, having fun and feeling at ease with the skin you're in. Exercise needs to be a part of your life! Not EVERYONE in fitness follows a strict diet, works out 10 times a week and never has a slice of Pizza."

Jack Of All Trades: "I teach classes such as step, strength training, cycle and have personal training clients. I run the Operations Department. I help people through out the day from anything to heart rate to proper protein intake. I view fitness jobs as health care!"

Jill Stoppel

location: Overland Park, KS
occupation: Personal Trainer and Owner of Excel Wellness Studio (www.ExcelWellnessStudio.com)

Starting The Day: "I start my mornings with my own personal workout, which brings energy and focus to my day. After almost ten years in the industry, it's exciting to enter my own facility, inspire other trainers to build their career and help all of our clients experience the benefits of adding wellness to their lifestyle. I started personal training because I wanted to share my journey and knowledge of fitness with others in hopes to make a difference in their daily lives. It's amazing to hear clients tell you that for the first time in years they are able to go on a bike ride with their Grand kids and keep up!"

2009 And Beyond: "To continue to offer fitness professionals a unique environment where they can increase their income, education and still make a difference in their client's lives. I am here to provide a cutting-edge facility and opportunities to area trainers, that I never had."

Said It Best: "People may forget what you say, but they'll never forget how you make them feel!"



Jason Grindel

location: Lawrence, KS
occupation: Snap Fitness General Manager



Family Man: "My family is my biggest motivation, when you wake up to 3 smiling children and a loving wife you can't help but go out and be the best person you can be. I want to show

them as well as everyone how important good health is."

9 To 5: "I am the General Manager for the franchise of Snap Fitness Lawrence, KS, and Spring Hill, KS as well as a one of the Personal Trainers at both facilities. Most of the time I'm the behind the scenes guy but I do like to schedule myself a fair share of the staffed hours so I can keep in touch with all of our members."