

>> LAST CALL

Jill Stoppel, owner of Excel Wellness Studio revisits what she did 'last'.

Photo: Dusti Cunningham



Meet Jill Stoppel. As the owner of Excel Wellness Studio, she's responsible for training clients, running a business, and providing a home for various trainers that utilize her facility. Located at the corner of College Blvd and Quivera Rd, the studio is in the heart of Johnson County. Not only is Jill a skilled business owner, she's also a fitness competitor and contributor for Kansas City Fitness Magazine. Jill is truly a wealth of knowledge and provides numerous top notch seminars and guest speakers at her studio. Check out excelwellness.com for all of the details and learn how to be your best in 2010.

Last scary movie you watched?

Orphan. I'm not a big scary movie fan...so they are few and far between.

Last time you washed your car?

Ugh...it's been weeks since my car has been washed. I'd have to say I'm not the last one who washed it. I tend to hit the drive through car wash or my boyfriend takes care of it for me.

Last thing you ate?

A huge bowl of romaine lettuce with lots of veggies, a chicken breast and organic greek olive salad dressing.

Last time you read the newspaper?

I'd have to say a few years...you'll find me

catching the headlines on the internet or TV in the morning.

Last phone call you made?

To my last client of the evening...the weather is supposed to get bad tonight and I wanted to make sure we were still shooting for our scheduled time due to traffic.

Last dessert you ate?

Chocolate cake and peppermint icecream at a 10 year old's birthday party.

Last book you read?

The Symbol by Dan Brown and Become a Better You by Joel Osteen. I tend to read two books at once and usually mix a fiction with a business or non-fiction one.

Last thing you bought?

An electric wine bottle chiller for my brother's Christmas gift.

Last goal you set?

To get my workouts over and done with first thing in the morning before I start training clients. I set monthly and yearly goals for Excel Wellness Studio too.

Last song you listened to?

So Beautiful by Musiq Soulchild. It was on a CD in my car. I tend to listen to low key, relaxing music when I'm out of the gym... the bulk of my day is filled with high energy workout music and XM's top 20.

