

CONTRIBUTORS

Photo: Stuart Steele



RACHEL AUST

The perfect personal trainer is one who's energetic, empathetic, motivating, and downright inspiring. Meet Rachel Aust. As a mother, she juggles her family life, a successful career in personal training, and even spends some time writing a column for Kansas City Fitness Magazine. Check out her column this month, whose title pays homage to the great Rod Stewart, "If you want my body and you think I'm sexy..." (see pg. 18 to complete the quote). [||| rachel@kcfmag.com](mailto:rachel@kcfmag.com)



PAUL VERSLUIS

Studio photography is an art form. The ability to see the shot, create the lighting and capture the mood is one that's more innate than it is learned. And without question, Paul Versluis is quite the artist. His well rounded portfolio includes commercial photography, studio portraiture and his distinct cinematic style is unmatched. [||| www.versluisphoto.com](http://www.versluisphoto.com)



DEIRDRE GAMILL-HOCK

Our in-house diet and nutrition specialist, Deirdre is the proprietor of Fitwell Lifestyles and a walking success story of her own. Along with her husband Chris, the pair have lost over 150 pounds together, revamped their lifestyles, and put their priorities on fitness. If it pertains to healthy lifestyles, Deirdre has researched it, wrote about it, and lives it. [||| www.fitwell-lifestyles.com](http://www.fitwell-lifestyles.com)



JILL STOPPEL

As the owner of Excel Wellness Studio, Jill looks to fill a niche in the fitness community. Her outside-the-box business model allows personal trainers to utilize the studio as their home base – complete with commercial grade fitness equipment and first-rate finishings throughout. She is a fitness competitor/model, business owner, and active member of the fitness community. See her feature "Don't Put on a Winter Coat" in this issue of Kansas City Fitness. [||| www.excelwellnesstudio.com](http://www.excelwellnesstudio.com)

save it:

add it up...



The age of online banking brings one stark reality to the forefront: The cost of eating, and often times, not even eating well. While most people have good intentions to eat well, it doesn't always work out that way. Past due produce is pushed back in the refrigerator and replaced by takeout Chinese leftovers, or the convenient frozen pizza that replaced the chicken and steamed veggies that was on the menu. We all want to eat well and look our best, but all too often other priorities or a lack of self control get in the way.

The good news is, you have other options (and they may not be as expensive as you think). Meal delivery service has caught on in popularity. Business people working late nights or spending time on the road, parents juggling soccer practices, or folks who just plain don't like to cook can benefit from pre-made, fresh meals. Kerstin Siley of Healthy Meals Inc explains, "Often times it isn't as expensive as you think. It's easy to add an extra \$10-\$15 per day on coffee, snacks, or lunch because you didn't have time to make anything in the morning. We offer an option that bridges the gap between fresh meals and the time it takes to prepare them by taking the work out of it for you." By evaluating current food and grocery spending, shoppers could effectively reduce their food budget and trim their waistline in the process by taking advantage of customized meal delivery services.

F



KANSAS CITY FITNESS DIRECTORY

Ata Blackbelt Academy

7926 Quivira Rd
Lenexa, KS 66215
913-894-6099

Curves

10121 Stevenson St
Lenexa, KS 66220
913-393-3335

Curves

12820 W 87th Street Pkwy
Lenexa, KS 66215
913-495-5500

Fitness Together

10119 Cherry Lane
Lenexa, KS 66220
913-393-3988

Jazzercise

12948 W 87th St
Lenexa, KS 66215
913-851-5299

KC Sport Speed

8875 Rosehill Rd
Lenexa, KS 66215
913-438-5400

Lenexa Christian Family Life Cntr

17500 W 87th St
Lenexa, KS 66219
913-307-0291

YMCA

12831 W 87th Street Parkway
Lenexa, KS 66215
913-232-5622

Gold's Gym. Family Fitness Cntrs

6501 South Frontage Rd
Merriam, KS 66202
913-722-2001

Curves

6518 Mart Way
Mission, KS 66202
913-384-3877

Woodside Tennis & Health Club

2000 W 47th Pl
Mission, KS 66205
913-831-0034

Bally Total Fitness

15274 W 119th St
Olathe, KS 66062
913-390-4930

Curves

1066 W Santa Fe St
Olathe, KS 66061
913-764-8711

Curves

12705 S Murlen Rd, Ste A1
Olathe, KS 66062
913-393-1125

Curves

15995 S Bradley Dr
Olathe, KS 66062
913-390-9969

Gold's Gym

431 N Lindenwood Dr
Olathe, KS 66062
913-782-6878

Healthridge Fitness Center

17800 W 106th St
Olathe, KS 66061
913-888-0505

Jazzercise

2067 E Santa Fe St
Olathe, KS 66062
913-397-7443

Prairie Life Fitness

13655 S Alden St
Olathe, KS 66062
913-764-5444

Snap Fitness

11172 S Lone Elm Rd
Olathe, KS 66061
913-393-0029