



A Step Above

Personal Training Concepts

Never give up on your dreams, you can achieve anything that you have faith in.



BOOT CAMP MEMBERS RISE UP TO THE CHALLENGE

At the beginning of January, I was excited, nervous and a little weary about teaching a new boot camp class. I was nervous because I had fleeting moments of self doubt that I would not be good enough to teach others. I was weary because I thought how could I fit one more thing into my busy schedule. I was excited because I thought I could share my passion for fitness, but also sure that I could help each member with those New Year's resolutions.

I have learned so much since I first experienced all these thoughts and feelings way back in January. I have dis-

covered that I love the class because what I do is not so much teaching, but instead it is surrounding myself with others who have become good friends. We laugh together, we complain together, we sweat together, we learn together. Some days I do still feel weary as I rush to help my kids with homework, get dinner, plan class and rush out the door without forgetting anything, but that weariness quickly disappears as I see everyone come through the doors for class. Some of you look weary at the beginning as well, but by the end I think we all leave feeling stronger emotionally and physically. Physically because we push ourselves to limits we never imag-

ined (who knew we can do over one hundred lunges!). Emotionally because we took the time to do something good for ourselves---we took the time to value ourselves worthy enough to take care of the body we have been given.

Perhaps most important is that I am truly still excited, but not excited because of what I have done. I am excited because I am seeing each member develop a passion. I am



Educational Fitness Programs designed to enhance mental, physical, emotional and spiritual growth. A holistic approach to maximizing human potential.



A Step Above Personal Training Concepts, welcomes Missy Childers to our staff.

Missy Childers has been training in the combative arts, off and on, for over 6 years. She is currently a red belt under the instruction of Jinjer Covert, 3rd degree black belt instructor and owner of Kwik Kix Martial Arts & Fitness, LLC.

"I have always loved the martial arts and the workout," states Missy. "I fell in love with the boxing concepts over all; in addition to learning Shotokan Karate and some kickboxing techniques. Outside of my running, lifting weights, playing volley

ball, and softball, I have learned that the martial arts is one of the hardest core workouts."

Missy has been an assistant Boot Camp instructor for over the last 3 years with Jinjer. She has finally decided to pursue her dream and become a Certified Personal Trainer. She will be working full time beginning in June as an assistant group instructor, and in August as a personal training assistant, until she is ready to test under the National Council on Strength and Fitness,



(NCSF) in order to receive her certification. Outside of the health and fitness arena, Missy and her husband Brian enjoy singing together

Jinjer's Thoughts



in addition to being members of the praise and worship team at the Pioneer Baptist Church in Ft. Chiswell. She and her husband have just recently returned from an Alaska mission's trip. Missy and Brian have two children, Coty, age 12 and Erin, age 7 that also participate in different various sporting activities.

BOOT CAMP

seeing that each person has reached a goal or resolution because you found the strength, the courage and the determination inside yourself. I treasure the testimonies I hear that blood pressure medication is no longer needed, you are no longer considered diabetic by your doctor, you bought smaller size

“...Rise up on wings like eagles, run and not grow weary, walk and not grow faint...” Isaiah 40:31

clothes for spring, you have lost weight and inches. I am thrilled to see different people out walking and running or meeting us at Rural Retreat Lake on Saturday mornings. And make no mistake about it, whether you walked, ran or crawled, you completed just over three miles on your own! I am excited to see you drop down and do 10 push ups without even breaking a sweat. I love to hear the laughter and the conversations from friends who became friends through the class. I ad-

mire the determination to not give up, to complete that one last set of crunches, to do that very last lunge even though no one would notice if you skipped it, to run those laps when you are used to only walking, to run six strong miles when you thought the course was only five.

My heart smiles at the end of every class when we all stretch up one last time, take that big inhale and exhale together. Together we have all risen up to the challenge. Together we sweat and not grow weary. Together we have succeeded. Our

strength may come from a higher power above, but each of you have found the courage to believe in that strength and



claim it as you take care of yourself inside and out.

Keep striving and stay strong!

---Susan Spraker

New Class Offered EARLY MORNING BOOT CAMP

A Step Above in Wytheville
Instructors: Jinjer Covert &
Missy Childers

Tuesday & Thursday
6:00 am – 7:00 am
June 9 through August 27

**Now open for registration
Limited space available**

**“Come have fun and get
your sweat on!”**

Health & Nutrition



Healthified Spinach Artichoke Dip

50% less fat-50% less saturated fat-
36% fewer calories than original recipe

- 4 cups baby spinach leaves
- 1 pkg. (8oz) 1/3 less fat cream cheese
- 1/4 cup reduced fat mayonnaise
- 4 Tbs. shredded parmesan cheese
- 1/4 cup skim milk
- 2 cloves garlic finely chopped
- 1 tsp. dried basil leaves
- 1 can (14 oz) artichoke hearts, chopped

Heat oven 350 degrees and take a one quart shallow baking dish, lightly grease with cooking spray. Next place spinach in microwavable dish with 3 Tbs. water and cook high for 2 minutes. Drain water well, pressing spinach with paper towels and then chop spinach.

In a large bowl, mix cream cheese with spoon until smooth. Add in mayo, milk, shredded parmesan cheese, garlic, basil until well blended. Finally add artichoke hearts and spinach. Spread evenly into baking dish. Bake between 20 and 25 minutes. Serve with baguette slices or raw vegetables.

Nutrient values: 1 serving = 1/4 cup: Calories 120 (calories from fat 70); Total fat 8 grams (saturated fat 4 g, trans fat 0g); cholesterol 20 mg; sodium 280 mg; total carbs 6 g (dietary fiber 2g, sugars 1 g); protein 5 g

This recipe is easy and yummy. For a little more flavor I do add a bit more parmesan cheese than this recipe calls for. I hope you enjoy it. For more “healthified” recipes, go to eatbetteramerica.com

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Group Exercise Classes:

Morning Boot Camp: Class Time
6:00-7:00 PM, Tuesday & Thursday
mornings.

A variety of personal training programs are also offered, please call for additional information.

A personal trainer is not a luxury. It's a preventative investment for optimal health and wellness.