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KEEPING WOMEN CONNECTED

HERBLIFE MAGAZINE

FEBRUARY 2012



## STACIE & LARK

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## STACIE CLARK

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## HOW TO IDENTIFY AND COMBAT HOUSEHOLD MOLD AND MILDEW

Have you ever walked into someone's home and immediately recognized a dank smell similar to one you find in antique shop, reminiscent of things that have been hidden away in attics and basements for a very long time? Well, believe it or not, fungus growing in one's home has nothing to do the length of time it's been there.



## THE 10 BEST PLANTS FOR THE HOME GARDENER

House plants are fairly reasonable and will grow under indoor growing conditions. Indoor conditions may not be ideal, but most plants will adapt and survive. The basic elements for plants are light, soil, water, temperature and humidity.

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# Stacie Clark

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**J**ust speaking with Stacie Clark, owner of Tiger Athletics, is enough to get even the most unmotivated of individuals off the couch and into the gym. Her upbeat, enthusiastic and genuine personality is so infectious that you almost find yourself saying, “Why, yes, running a half marathon does sound like a great idea today!”

Okay, perhaps that is a bit overly-ambitious for most people, but if you’ve ever wondered if there is an athlete within you or even just someone who could raise the bar a bit on her fitness level, the answer is a resounding “Yes!” The best part about it all is that you will have so much fun doing so, especially when you work with Stacie and her amazing husband and business co-owner, Chris.

Before we get you working up a sweat, however, let’s take a quick peek into Stacie’s background and life and then we can lace up our shoes and get moving.

Originally from Danville, Indiana, Stacie, 38, graduated from Indiana University in Bloomington in 1995 with a degree in business with an emphasis on fashion merchandising. A year later, she was recruited by retailer Marshall Fields and moved to Minnesota to commence work in its buying program and in product development. Stacie moved up the ranks and enjoyed a 15-year career with the

company, even staying the course through the numerous buyouts over those years. Her last position with the company, then Macy's, was that of fashion director.

Even though her demanding career in the retail and fashion industry kept her constantly on the go, Stacie began work as a fitness trainer on the side about 12 years ago, an endeavor Chris has enjoyed his entire professional career.

"Chris owned a training facility in Bloomington when I met him," Stacie noted. "I met him when I was training there. We became friends and then began dating. When I moved to Minnesota, he followed me there a year later."

Chris was recruited by Life Time Fitness and was asked to bring energy, intellect, fun and dynamics to the training programs. Chris's natural athletic prowess, passion and knowledge allowed him to become an integral part of developing the heart rate training program and the 02 training program now associated with Life Time's training classes.

*“When you continue with the same routine day in and day out, you develop what is known as muscle memory, and that daily routine can actually lose its purpose if it is not alternated with something different.”*





It wasn't long before Chris entertained the desire to have his own fitness company, and in 2005, Tiger Athletics was created. Stacie naturally and enthusiastically left the fashion world and joined her husband full-time in this unique and niche-oriented training business. Stacie is both NASM and NETA certified.

"We are a mobile business, targeting young and older athletes alike, as well as fitness enthusiasts of all levels," smiled Stacie.

Tiger Athletics was designed to address the needs of an athlete or fitness buff who desires further challenges in his or her fitness routine.

"Our clients come to us for an assessment, and we re-evaluate their current training program and provide new experiences, goals and programs for them," explained Stacie.

While Stacie indicated she has always been an athlete, she readily admits she becomes quite humbled when she tries

something different in her workout routine.

"You have to change it up to improve, otherwise your body naturally plateaus," she explained. "When you continue with the same routine day in and day out, you develop what is known as muscle memory, and that daily routine can actually lose its purpose if it is not alternated with something different."

As a trainer, Stacie coaches and demonstrates certain moves for her clients. While some clients only require a weekly session with Stacie, others may work with her a few times a week. "I always provide them with exercises to do on their own at home," she said.

While Stacie and Chris do have a studio in their home, Tiger Athletics is definitely a mobile company and goes directly to its clients. From everyday athletes to professional

athletes such as the Timberwolves and Oakland Raiders, Tiger Athletics has something for everyone.

"We believe that everyone is an athlete on the inside," Stacie commented. "We help each person to find that and then build upon that."

So, exactly how can that inner athlete emerge within you? It's all quite simple, really, if you commit to taking baby steps and setting mini goals. Start out with something relatively easy and then target towards bigger and more intense goals.

Instead of relying on a typical gym environment, Tiger Athletics takes the client out of the gym and makes her environment the gym, with her body the machine. (Just imagine trying to run while dragging some tires behind you!)

"We do use hurdles, kettlebells and weights, too," noted Stacie. "But I also stress that if you can't do a push-up, how strong are you?"

*"We believe that everyone is an athlete on the inside. We help each person to find that and then build upon that."*

We do a lot of ground-based movement and conditioning."

Tiger Athletics also rents out various gymnastics studios and turf fields for athletic drills. In addition to one-on-one training, they provide small group training classes that emphasize core training and athletic development.

For those who are really dedicated to indulging their inner athlete, Tiger Athletics hosts two adventures in Mexico each year called the Mexico FIT Adventure Trip. On average, 20 people attend, along with 2 to 3 trainers for 4 nights and 5 days of the most intense, yet equally exciting, fitness adventure you may ever experience. This is a perfect opportunity for the intermediate to advanced athlete to raise the bar just a bit more on her fitness routine.



“During our stay in Mexico, we train you like an athlete. The expectations are set in advance so you can properly train your body and mind to handle the FIT adventure. You don’t go there to get in shape, but you rather go there to be challenged both physically and mentally in paradise,” said Stacie. “We target three hours of training each day, for example, starting at seven in the morning for a dynamic warm-up; 75-minute thick-sand and jungle run consisting of accelerations, intervals and endurance sets; 60 minutes of sandbag strength training back at home-base, followed by a huge power breakfast. Around four in the afternoon we may do Core training, Kayaking, Paddle Boarding, or Athletic Yoga, and then walk to dinner.” It’s definitely not the average run around the neighborhood on asphalt to which one might be accustomed!

“When these people come to Mexico with us, they may think they are in great shape, but when they participate in these training protocols, there is this decided ‘a-ha’ moment when they realize there is room for growth and change within their normal workout regimen. After four to five days of this, people do realize that they can do so much more and have a noticeable change in their bodies and in their level of fitness,” Stacie explained.

Although they don’t control one’s food intake while on these adventures, they do direct and provide the athlete’s training table each

morning which consists of good foods designed to refuel a fatigued body after a couple of hours of working out.

“We offer fresh food from the local area, nothing processed. We direct what is important to eat, and we offer choices in that process,” said Stacie. “By the end of the day, our clients are burning, on average, 2,000-3,000 calories.”

By incorporating the appropriate amount of foods to refuel the body, clients learn to control their own food intake and have set the stage to keep off any excess weight when they return home, many of them craving to make smarter choices along the way.

When not assisting their clients, Chris and Stacie enjoy an active lifestyle with their two kids, Addison, 11, and Caden, 8, both of whom participate in several sports and excel at levels above their individual age groups. That comes as no surprise, however, as Chris was a runner for Indiana University as a highly-regarded Steeplechaser and three-time All-American. Stacie has always enjoyed a fit and active lifestyle growing up as a runner and was a three sport varsity athlete. “Family time for us means being active. It’s who we are,” Stacie expressed. ■

*For more information, visit them online at [tigerathletics.com](http://tigerathletics.com) or call them at 612-695-8770. Don’t worry...you DO have that inner athlete, and it’s never too late to discover her!*