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“WHY I THINK VALENTINE’S DAY IS BULL\$#!T”

By Fitness Expert, Angela Parker

Have you walked into the grocery store or drug store lately and felt like Valentine’s Day is throwing up on you and it’s only the third week of the New Year? Well, this is what I’ve got to say about Valentine’s Day: I think it’s bull\$#!t. and I think it’s about time to redefine this ridiculous "holiday." Instead of candy, flowers, and feeling bad because you might not have a date, let’s reclaim this day as the day we fall in love with *ourselves* again. The way I see it, we have three opportunities to focus on our lives and reassess how we’re honoring ourselves. The first is our birthday. Which let’s face it, can kinda stink because it’s about getting older and no matter how hard you try...that’s all you think about. So there goes that one. Next, is the start of the New Year. This is always odd because you are usually so hung over, out of shape, and broke that you just make changes out of desperation. So why do we tend to blow it on Valentine’s Day by focusing on what someone else is...or is not doing for us?

It makes no sense! We are wasting THE BEST day of the year to focus on us and what WE need! To me, February 14th is the day I get to check in with myself and take a close look at the ways I AM LOVING MYSELF and look at all the ways I could definitely step up the self love!

Because I love you all, here are my 5 ways to make Feb 14th *your* favorite day of the year:



“Start The Day With A Bang!”

This will set the tone for your ‘Luv Day’! Get a full night of sleep the night before (at least eight hours) and choose a workout that you LOVE and feel beautiful and strong doing. Perhaps a great spin or dance class? Or, take a long run. If you don’t want to leave home, you can enjoy an at-home yoga session with great music and your dog or cat. Whatever YOU choose, start your day by moving and connecting with your body!

“Fuel Your Fire!”

The very first meal you put into your body is a GREAT opportunity to show your body some good lovin’. Take time with your first meal like you would for someone else or you would enjoy someone doing for YOU! Be prepared with whatever you would LOVE to eat that morning. Make a beautiful plate for yourself and have something special at your table, including the *really good* flowers you don’t allow yourself to buy each week. Eating on pretty dishes and looking at a lovely table is a tiny way we can love ourselves each day.

Give yourself the gift of eating your favorite breakfast and looking at

beautiful things you enjoy.

“Pick Out The Perfect Outfit!”

This is YOUR day. Wear whatever you want and whatever you feel beautiful in. Wear that dress you love but is a little too dressy, or wear your favorite necklace AND your favorite shoes - who cares if they don't match! The outfit on THIS day is about what you feel beautiful in. As you get dressed notice the things YOU LOVE about your body and SAY IT OUT LOUD. Celebrate your curves, your shape, and appreciate what you do have! Doing this will make you feel beautiful no matter what you choose to put on top!

“Strut Your Stuff Momma”

Go into your day celebrating your life, your health, your passion, and all that YOU bring into the world! Feel grateful for the things you have learned and excited to begin changing what is not serving you. Carry yourself in the world as the woman you know you are today. Forgive and let go of the old version of yourself. But first, thank her for brining you here to this place of self acceptance and peace. See how tall you walk now girl!

“Make A Date With Yourself!”

To end YOUR day, give yourself as much attention and love as you started it. Leave work early, turn off the computer, silence your ringer and have the best ‘at-home date’ ever with your favorite person: YOU! Order in or pick up your *favorite* meal. Enjoy every bite. Have dessert...yes, enjoy every bite. Taste this amazing food and think about your day. What did you learn about yourself? What did you learn about how you much you love the woman you've become? Are you taking care of yourself like you would someone you love? Once you are done grab your favorite book and take a super hot bath. Let the heat sink into your skin and feel your strong body melt into the water. Take twenty-five long, slow breaths, and with every exhale think of how you can love yourself more each and every day. Once your bath is over make a date with yourself for next year. Same place! Same time! See ya'll there!!!

Love always, Angela xo

For years, Angela's incredibly popular **Body Inspired Camps** have seen a 90% return rate for a reason. Angela makes working out fun and affordable. There's no yelling, there's no attitude. But, there is definitely a lot of motivation and a whole lot of inspiration so you can achieve the results you're after. “My clients always hear me say, ‘nothing changes if you're comfortable,’” says Parker.

Angela's next round of the **Body Inspired Camp** kicks off **February 28th**. Three times a week in a one-hour class for six weeks, **Body Inspired Camp** allows students to experience the private training of Angela Parker herself, in an energetic group setting outside in beautiful Santa Monica, CA. Angela understands your fitness level, she knows your personal goals, she understands what each of your injuries entail and works with each student to make every work out fun, impactful and results driven. With a unique flavor of cardio and strength training, obstacle course, core and agility work, timed series, stations and stairs, all taking place outdoors, this ‘not to be missed camp’ is the only one that also features Pilates as a great addition during the classes. Select from newly offered times that work best with your schedule: 6-7am; 7:30-8:30am; 8:45-9:45 (Monday, Wednesday and Friday at the Santa Monica Bluffs). You can now make working out into a “Girls Night Out” too: grab some girlfriends and enjoy the ‘Ladies Only’ camps with **Body Inspired Fitness** Trainer, Holly Clapham in the JUST added 6-7pm (Monday, Tuesday and Thursdays at Clover Park in Santa Monica).

And, if working out on the actual beaches of Santa Monica sounds like an inspiring way to kick-off your Valentine's Day week – or weekend, Parker also teaches an incredibly popular Saturday morning class for **ONLY \$10** from 8:30-10am. Grab your girlfriends, guy friends or any great pal and show them how much you love them with a great morning workout!!!

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Be sure to take advantage of the incredible "2 for 1" workout special currently being offered to first time students, 6 weeks of inspirational and exciting classes will only cost \$187.00/person for morning sessions and \$137.00/person for "Ladies Only" evening sessions. Individual sign-ups run \$375.00/person.

For further information on class locations and to view all of the **Body Inspired Fitness** class schedules, please check out: www.bodyinspiredfitness.com. Find Angela on Facebook: **Body Inspired Fitness** & follow her tips on Twitter: **@BodyInspired**

Click on the video to meet Angela and see what her Body Inspired Camps are all about:
<http://www.youtube.com/user/BodyInspiredFitness#p/a/u/1/prFwcTgvl-k>

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