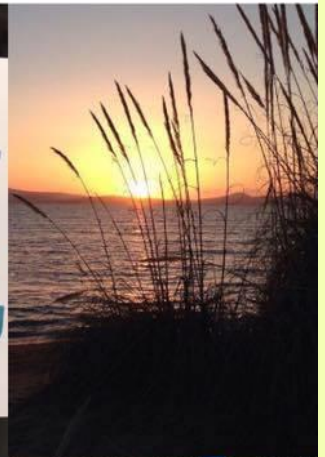


Inspirator™ Retreats

Inspirator Coaching & Fitness



Inspirator- An Inspiration and Motivator in ONE.

– Emerson Shirey, Age 5

We all have many gifts that we've never opened. It's time to find some of yours. Find your wings!

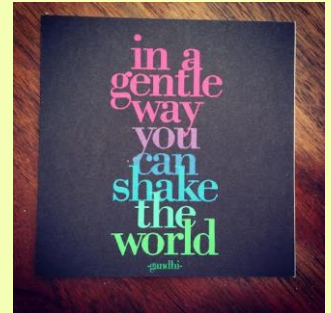
- Dan Zadra

Welcome to the Inspirator Retreat!

You did it! THANK YOU for giving yourself the generous gift of time to be here.

The Dream for Inspirator Retreats was one planted when I lived in Oregon from 2004-2009. The beauty that surrounded every place I went. The athletic energy, breathtaking sights, challenging trails, inspirational people and genuine feeling of love and community. Oregon is full of adventure- the state where adventure awaits outside of every door. Oregon is where I became an Entrepreneur.

Oregon is where we chose to fly as a family of 3 (then 4 and now 5!). Oregon is also where I learned to get outside my comfort zone, while maintaining close to my vision of how life should be lived. Oregon is where I hosted the 3rd Inspirator Retreat and today, I bring them back to the island where I began! Alameda!



Challenge yourself physically, pushing your limits in the various fitness formats.

Challenge yourself to dive in deep emotionally.

Challenge yourself spiritually to be present and in the moment.

Challenge yourself intellectually with new ways of thinking and

looking at old problems. Challenge yourself nutritionally to enjoy new foods, new methods of nourishing your body.

Challenge yourself to fly with new wings, letting go anything that was holding you back!!!

The Inspirator Retreat was created to not only inspire the heck out of you, motivate every ounce of your being, encourage each aspect of your soul... but as a place for you to bring all the goodness home with you!

Push yourself, adore yourself, have FUN! Laugh hard while you try to do another burpee and think, "What is this nonsense??" or "BRING on the Burpees!". Tackle new physical challenges with an fresh attitude. Be open to the gorgeous day and enjoy evolving out your Dream Life and what being an Inspirator means to you.

Let go of any fear holding you back and be fearless! Turn that fear into FUEL! As I shared with the ladies in Zion, Avila Beach and Sunriver, I challenge you to be fearless of what could happen. Instead, be fearful of what you'll miss if you don't try.

You are your OWN Inspirator!

With love, joy and adoration for all of you-

Erin Kreitz Shirey

Personal Trainer & Empowerment Coach

Inspirator Coaching & Fitness

February 24, 2017
Island Inspirator Retreat

Erin Kreitz Shirey
Inspirator Coaching & Fitness



Inspirator- An Inspiration and Motivator in ONE.

– Emerson Shirey, Age 5

We are all part of the TEAM of Inspirators!

When we meet people it is for a reason. The TEAM of Instructors and Coaches at Inspirator Coaching & Fitness Retreats are not only phenomenal in their gifts to the world, they are phenomenal women. Grateful for them to share their gifts at Inspirator Retreats!

Erin Kreitz Shirey – Inspirator Guru and lead Goal Getter of Inspirator Coaching & Fitness

Coach Erin Kreitz Shirey is constantly on a journey to grow, learn and challenge others to live their healthiest, most active, fun-filled, inspired and empowered lives possible! She has shared her gift of motivation and inspiration through fitness and empowerment on stage, at international fitness conferences and in print. Erin has contributed and been featured in Shape, Parents, Good Housekeeping, Portland Monthly, Fitness, Alameda Magazine, Men's Health, CitySport and more. Fitness Editor for Better TV, ESPN Sports Nutrition Panelist and contributor to NFL Play 60 Campaign helping families learn how to be fit together. Awarded Portland Monthly's 'Best Way to Lose the Baby Weight', PFP Top 10 Trainer, Alameda Magazine's Personal Trainer of the Year, Red Tricycle Mom on A Mission in Health & Fitness and most notably Running Man Mama for Otis Elementary School by Otis D. Owl.



Irish Wifie to Jack, Mom to 3 dynamic daughters, Makenzie, Emerson & Finley. All her daughters required life threatening hospitalizations, which shaped Erin's training, coaching and life helping others focus on *Embracing Life's Challenges* and find the positive in every situation. A competitive triathlete, she's training for Triathlon Nationals 2017 and IM Kona. Dream lives are to be LOVED & LIVED today, not planned and held onto for tomorrow! BS Kinesiology, ACE, TRX ,Fit to Deliver, Real Ryder, Tabata Boot Camp, Mat Pilates, Sports Nutrition

Jackie Paisal – Yoga

Jackie completed her 200hr RYT training through Embody Truth in San Francisco. She aims to provide a creative, playful sequence while also honing in on proper alignment. By bringing awareness to the breath and cultivating mindfulness, Jackie encourages her students to take the tools they learn on their mat, out into the world.

When Jackie is not teaching yoga, she cleans teeth as a Dental Hygienist and writes creatively for different publications on the side. She lives on a hilltop in gorgeous San Francisco.



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Inspirator- An Inspiration and Motivator in ONE.
– Emerson Shirey, Age 5



Inspirator Coaching & Fitness

Inspirator - An Inspiration & Motivator in one! – Emerson Shirey, Age 5

Inspirator Spirit Orange = Family & Love & Wellness

Inspirator Adventures Turquoise = Dream Living, Empowerment & Adventure

Inspirator Eats - Green = Nutrition/Holistic Health

Inspirator Fitness - Runner/Swimmer Girl = Fitness/Athletic Goals

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*Inspirator- An Inspiration and Motivator in ONE.
– Emerson Shirey, Age 5*

Efforts and purpose are not enough without purpose and direction. – John F. Kennedy

We all have a big WHY in life. We all have a purpose. We are put here for an incredible reason to live vibrantly, share our story, explore the gorgeous world on our feet, push ourselves authentically, athletically and emotionally, with ample love every day in order to LIVE! You came to the Inspirator Retreat for a few reasons. You have some “WHY’S” and we want to hear them. Your WHY helps you get to your goals and set truly authentic GOALS that help you become your own Inspirator. Each Retreat when you think about your WHY’s, they will change and evolve. Fitness, Nutrition, Wellness, Adventure, Time, Body Empowerment, Mindfulness.

Top 3 Why’s/Reasons:



**One BIG Goal YOU WILL Accomplish by Wednesday, March 1st,
at 3:30 pm:**

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*Inspirator- An Inspiration and Motivator in ONE.
– Emerson Shirey, Age 5*

YOU are all strong, capable, BAD ASS ROCKSTAR INSPIRATORS!

Share- Why DO you feel YOU are ALL Of you Bad Ass Inspirators?

-
-
-
-
-

What is ONE BIG Adventure that YOU will plan, train and DO 2017?



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Inspirator- An Inspiration and Motivator in ONE.
– Emerson Shirey, Age 5

Inspirator SPIRIT

What is holding you back from achieving your Dream Life?

What Goals did YOU put aside? Why?

Are they still Goals you want to achieve?
How have they evolved?

Have you reevaluated why those are the goals that equate living your Dream Life Now?

What is ONE big goal you have that you are afraid of? One goal that is the first thing on your mind when you wake up? It is one that has some sense of fear attached to it, and when thinking of all it encompasses, your stomach gets knots and your fingers tingle. It could be physical, emotional, professional or even location related.

With that one Goal, what is the block holding you from accomplishing it?

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– Emerson Shirey, Age 5

Inspirator SPIRIT

You are a light.

**When you allow yourself to share your bright gifts,
your passion, your strengths and also your weaknesses
with those around you, you are the strongest!**

YOU are YOU!

Be brave and BE YOU!

As Gabby Bernstein says

... “Your Presence is your power”



At the Inspirator Retreat, shine bright! Let us all see you shine. Let's be the brightest lights as we grow, empower, sweat, nurture, inspire and love one another. Shine bright being the one, wonderful, unique and brave you!

Mamas, YOU have to continue to allow yourself to shine, as you encourage and support your littles to grow and shine every day.

Ladies, YOU have to continue to stand tall and shine bright, while you encourage and support others to grow and shine bright too.

You don't have the capacity to tuck away your brilliance, your strengths, your gifts to the world because that is selfish and YOU are not selfish. When you keep hiding behind, supporting everyone else, you are not wholly giving to others. Give!

It is your turn to do so NOW, while you are cheering on everyone else. YOUR TIME IS NOW to LIVE as bright as possible. To BE as courageous as possible. To FEEL invigorated and inspired to a level you never knew.

That is when your light shines so bright, the world has to wear sunglasses and smile in joy.

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*Inspirator- An Inspiration and Motivator in ONE.
– Emerson Shirey, Age 5*

Inspirator Spirit

BLISS BUCKETS – *Have you ever written down what gives YOU BLISS?? Not just a Vision Board, but the specifics in each part of your life that need to happen in order to feel complete BLISS?*



Bliss Buckets are the various buckets in our lives that need to be filled up in order to consistently be fueled by our own Inspiration & Motivation, instead of depleted. They will have waves of time when some Buckets weigh more than others, but it is our job to notice those windows. Then it's our job to figure out how to create a new balance to fill all our buckets up!

Draw your 5 Bliss Buckets and what fills them:

LOVE

HEALTH

FAMILY

NUTRITION

SOULFUL

PROFESSIONAL

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– Emerson Shirey, Age 5

Inspirator SPIRIT

Inspirator Success Strategy- *The Inspirator Success Strategy is a game changer. While simple, it is efficient, effective and changes how each day flows. When followed, the Inspirator Success Strategy helps you rid of wasting time, rid of negative thoughts that hold you back from reaching your goals, helps you rid of the weight that may have held on over the years, helps you feel productive and empowered, helps you become your own best Inspirator!*

YOU ARE YOUR INSPIRATION
YOU ARE YOUR SOLUTION
YOU ARE YOUR MOTIVATION

Inspirator Success Strategy:

Each Day:

- 1. Wake up by 5:00/5:30 am. *Creates HUGE Success!!!***
- 2. Say 3 positives before you get out of bed. * Do not open phone to read messages or social media.**
- 3. Have cold water with sliced lemon.**
- 4. Do your Daily Strength and/or Cardio Workout/ Inspirator Boot Camp & Stretch for 5 minutes.**
- 5. Have Coffee, Brain Dump-To Do List, Journal Manifestations.**
- 6. Tackle your "Frog" for 10 minutes.**
- 7. Have a Carb/Protein/Fat combo with at least 1-2 Veggies every meal.**
- 8. Bike/Active Commute to work/playtime with family sans technology.**
- 9. Sit to have dinner with your family or friends.**
- 10. Each Night, think of your Rose/Bud/Thorn and 3 GREAT positives of the day.**
- 11. Bed by 10 pm latest, with all technology turned off by 90 minutes prior to bed time.**

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Inspirator SPIRIT

Mindfulness is key to overall health. People tend to neglect this practice, to rush from one thing to the next. Especially at a time when answers are at our fingertips with SmartPhones and everyone is constantly plugged in.

What is mindfulness?

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a "right" or "wrong" way to think or feel in a given moment. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. According to the Greater Good Berkeley, these are some of benefits of mindfulness, which extend across many different settings.

- Mindfulness is good for our bodies: A seminal study found that after just 8 weeks of training, practicing mindfulness meditation boosts our immune system's ability to fight off illness.
- Mindfulness is phenomenal for our minds. Several studies have found mindfulness increases positive emotions while reducing negative emotions and stress. It has been proven to be similar to antidepressants in fighting depression and preventing relapses.
- Practicing mindfulness changes our brains. According to UC Berkeley, research has found it increases the density of gray matter in brain regions linked to learning, memory, emotion regulation and empathy.
- Mindfulness helps us focus! It helps us tune out distractions and improves memory and attention skills.
- Mindfulness enhances relationships. Mindfulness training can help couples understand one another better. It deepens relationships, making partners feel more relaxed and secure, more accepting and closer to each other.
- Mindfulness helps with parents in reducing stress, anxiety, nervousness. It has been proven that parents who practice mindfulness are happier with their parenting skills and relationships with their children. They are more relaxed and their kids were found to have better social skills.
- Mindfulness helps fight obesity. Mindful Eating encourages healthy eating habits, helps people lose weight and savor the food they eat. It allows a healthy relationship with food to develop.

Some key ways to begin incorporating mindfulness is to live simply. Be present wherever you are, not rushing from one event to the next. It is important to simply be where you are, allowing yourself to feel the emotions and not push forward to the next step. Try to live in the present and not hold onto the past either. It is part of your story from before, but not right now.

Be Multitastic- Don't try to do everything at once.

Multitastic – Doing just two things at once, like riding a bicycle and eating an apple. You are multitasking simply and fantastic! - Emerson Shirey, Age 5.

Inspirator Spirit

How do you feel when you rise? Gratitude, stressed, joyful, energized?

Before you rise from your bed, keep your eyes closed and take 5 big breaths. Then think of 3 gratitudes you have for the day. Whisper them out loud or to yourself. Set your intention for the day.

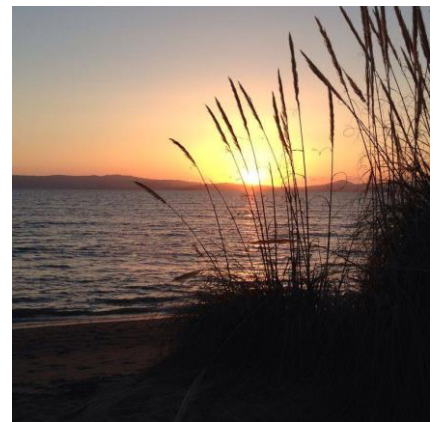
Start soaking in the Inspirator Success System. It can be different for everyone, but for all Inspirators, begin the day with 3 gratitudes to open space for the day to be wonderful.

3 Gratitudes for today:

1.

2.

3.



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Inspirator- An Inspiration and Motivator in ONE.
– Emerson Shirey, Age 5

Inspirator Spirit

Kids say the darndest things, right? Or, they say the things that we need to soak in and listen to. When pregnant with Finley, I was planning some boot camp workouts. While doing burpees, Emerson looked at me and said, “Mom, you are an Inspirator. You’re an Inspiration and Motivator in ONE.” At that time she was just 5 years old.



Heart tugged and exploded the same time. However I listened to her and how she viewed what I did to help my boot campers and clients. Continuing the conversation, I told her she was my Inspirator and made me motivated to be a better Mom each day. Then we did burpees together.

How are YOU an Inspirator? Who is it YOU Inspire and Motivate? Who do you LOOK to inspire and motivate you? Different people in different aspects of your life. Write the name of your Inspirators in Fitness, Family, Nutrition, Business, Adventure, Art/Writing, Living Life Vibrantly.

Your Inspirators...

Write your Inspirators a letter and share with them why they inspire and motivate you!

Guess what YOU are your own BIGGEST Inspirator!

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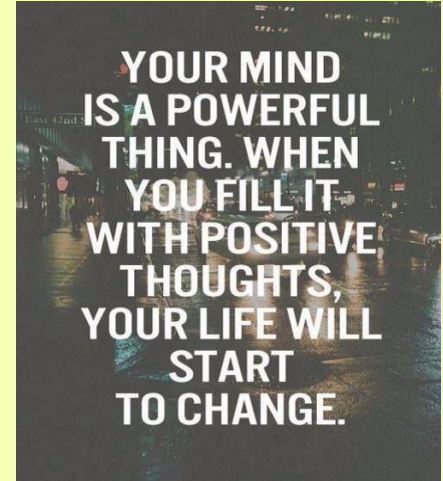
– Emerson Shirey, Age 5

Inspirator Adventures

G O A L for an Inspirator DREAM Life .

The life in which YOU feel your healthiest, strongest, most empowered, capable and vibrant self, who effuses grace, joy and love in all her actions.

We all have stories. Everyone has them, but what is your message to share with the world? What empowers you to soak into each strength, say good bye to old thought patterns and life events, grow into new changes of living healthy and positive? These stories can sometimes hold us back. They pop up when we embark on big goals. They can ring in our thoughts when life is good, almost like a vortex attempting to pull you back. For some, it be words spoken to you when young. For others, it could be money struggles that continue to pop up. Maybe a horrible tragedy, being a victim, illness, supporting others through illness or your own learning challenges.



But here is the reality...we ALL have these challenges. Every single one of us.

It is how we have the challenges hold onto us, affecting aspects of living our Dream Lives right now. AND how we use the challenges, truly dive into them to find the strengths we didn't realize and own up and into living the life we desire.

Learn to ELC – Embrace Life's Challenges This is a phrase Jack Shirey came up with when we were living at UCSF and told by the top pediatric medical specialists in the country to "Pray hard for your daughter. Her organs are all broken down, pancreas continues to necrotize and we don't know what to expect". After 3.5 months of fighting for her life, she made it home and we had to ELC every single day. That motto allowed us to absolve the energy and find positives in the situation, instead of resent the time we were given. Gratefully we were given a miracle, and our Miracle Makenzie is now 12 years old in 7th grade. At that time, we had to breathe and ELC every single moment. ***How can YOU ELC?***

Universal Lesson:

When you're in a state of joy, you leave a positive imprint on every being in the world.

- Gabby Bernstein

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– Emerson Shirey, Age

I get it. I get it beyond measure as for a while, when life continued to throw curveballs with our daughters' health, we threw our hands up thinking, "What is next? Haven't you f'In given us enough?". We had already conquered job loss, miscarriage, relocation and I had overcome an eating disorder, college rape, PPD and sick parents, However the challenges we've faced I realize now are the ones that help me do the best work with clients, and live the most impactful dream filled life with my family. The struggles have helped me inspire the heck out of clients to dive in and push hard, knowing they will come out stronger. The challenges helped me stop being scared of what will happen, instead live in the NOW with what IS happening.

Everyone has struggles in life, while also holding onto big Inspirator dreams. One gal may have no career drive, but is incredible in her workouts. Another gal may be empowered by her dream career, but no idea how to eat clean. Yet a different gal may be stuck in figuring out what is this "Dream life" people were talking about while covered in baby puke and dirty diapers, with a husband who works far away. While another gal may think about retirement and adventure living *then*, once she found her soul companion and saved up all she needs, instead of Dream Living now.

Each one of us have various aspects of our lives that grow at different paces. We all achieve success and failures, that tie into creating our dream lives.

How is that relevant with feeling empowered inside and out?

It is 100% connected, since it relates to goal setting, manifesting, creating and living the life you dream. NOW. We create and are in charge of our dreams, nobody else. We hold the key to open each door of happiness and success surrounding our health, fitness, family, faith, work, career, travel, creative time and peace.

That can often get misconstrued. We set goals, we conquer them and then life happens. We fall back into habits we equate with failure. A cycle happens and we stop. We as women stop taking care of ourselves, our goals, our needs ...so we can take care of everyone else.

However, is that living YOUR dream life? If it is, that is fantastic! For me, with my experience putting some dreams to the side while being primary medical caretaker to my 3 daughters, I didn't feel so fantastic. I felt stuck in a cycle I could not excel in. Was I resentful of my daughters, never. Would I stop the World for them, heck ya! Was I resentful and feeling stuck in the situation? Most certainly.

Those experiences helped shape how I live my own life now. Every single minute.

What about you? What is an experience that altered how you take care of your OWN health, fitness, nutrition and wellness goals? Do you place blame? On whom? Why? Did or will that change the situation, or give you permission to be mad and stay in stuck habits inhibiting you from success?

You see, we strong Inspirators hold the key to creating and LIVING our

Dream Lives right now!

WE HAVE THE ABILITY TO THINK IT,

MANIFEST IT AND LIVE IT EVERY SINGLE DAY!



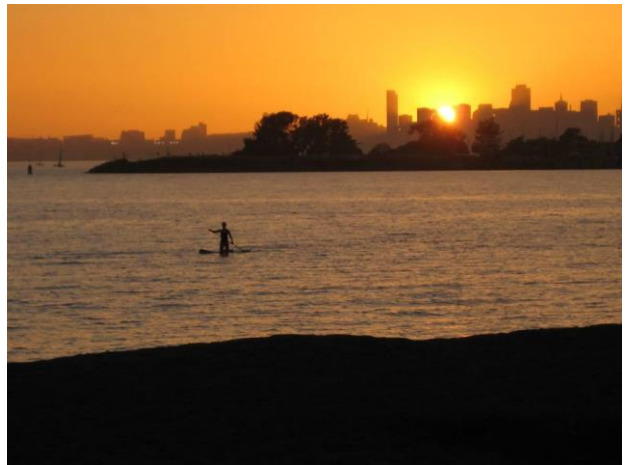
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Inspirator Adventures

Write and draw your Dream Life and how YOU feel.
What words would you use to describe the energy you feel every day?
What defines a Dream Life to you?
What ADVENTURES do YOU want to take? Where? With whom?
Why do you think this is an important component to the Inspirator Retreat?



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Inspirator Adventures

Fear into FUEL!!!!

And... Fear into Faith according to Gabby Bernstein!

You gain strength, courage, and confidence in which you really stop and look fear in the face. You must do the thing which you think you cannot do.

- Eleanor Roosevelt

YES- NOW is your TIME to turn that FEAR into FUEL! To take a HUGE LEAP and make your DREAM LIFE happen NOW.

*Goal setting is something that women talk about, do and sometimes get stuck in. They get caught up taking care of other people's needs and putting their goals to the side. There can be a sense of fear that comes with not reaching specific goals. Turn that fear into fuel. It is the FUEL that empowers you to see success in how you feel from the inside out in a different perspective. And when you reach that goal, there is nothing quite like the feeling! **NOTHING AT ALL!***

What is 1 thing you will do when home?

What is 1 thing to work towards your goal you will do today at the Inspirator Retreat to make a change turning your FEAR into FUEL?

What is ONE GOAL for your Dream LIFE you WILL have accomplished by February 28th, 2017?

...by March 28th, 2017?

...by April 28th, 2017!

...by May 28th, 2017!



THINK BIG! If you don't, nobody else will do it for you! Your dreams are YOURS- Make them happen NOW! You are more capable than you know!

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Inspirator Eats

Food Triggers –

What are your triggers?

Savory or Sweet?

Do you Dive in?



A few tips to help you. Think of Mindfulness and Mindful Eating. There are many strategies to be mindful while you nourish yourself.

1. Food Journal – actually write down what you are eating when you are eating, what you are feeling and how you felt after.
1. DO NOT FEEL as if you have to be perfect all the time! Nobody is perfect! Eating Clean is 80/20 rule- LIVE! If you know you are going out, enjoy the meal without guilt. Plan for it when you meal plan at the beginning of the week. Balance it with healthier choices made throughout the day.
2. Food is fuel! It is energy, delicious, enjoyable. It is to nourish you, not deplete you.
3. Leave food guilt behind. Now. It is done. Start a new chapter today. Help yourself and others when out with friends and ordering what you want without question. No justification for your order, knowing you made the best choice for you.
4. Food guilt makes you eat in private, thinking food is good or bad. Stop food guilt today.

Meal Plan!

When you plan your meals ahead of time, you are preparing for success throughout the week. You are mindful of what you are creating, eating and enjoying and how your body can feel best.

- Prep on the day that works for you. If Monday or Tuesday are your best day to meal plan do it on Monday or Tuesday.
- Be realistic with YOUR life. You want to plan for success! Look at your calendar – work with busy evenings, and either do croc pot dinners or “go to sandwiches” for dinner!
- When prepping, include time to go with it. Don’t rush.
- Meal Plan and prep with a friend and then you can double up on the food, but lessen the work. It also helps to keep each other on track.
- Be practical and purposeful- Chicken on Sunday night, Chicken lasagna on Wednesday, Chicken Vegetable Soup on Thursday night.
- Prep Breakfast and Lunches too. When you prep your meals ahead, even if you work at home, you plan with healthy goals in mind.
- Include family/roommate/partner in the mix!

Inspirator Eats

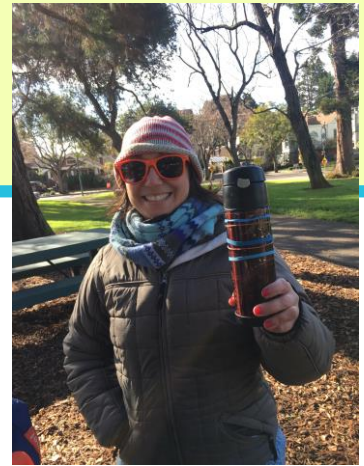
EAT CLEAN & balanced, which will help you feel fuller and gain more energy.
Drink a minimum of 100 ounces of water/day.
You can add lime, oranges, lemon, mint or basil to the water. For every cup of coffee you drink, drink 12 ounces of water.

What does Eat Clean & Balanced mean?

Eating clean means eating whole foods from the source. It means packing your plate full of foods that are primarily from the ground up, lean organic proteins with animals also fed food from the ground up. If you think how your grandparents ate, before the generational shift to processed foods, that is an ideal way to eat. If you follow the 80/20 rule on average, your body will show. YOU will feel more energy. YOU will notice a shift in your skin. YOU will sleep better. YOU will be laser focused. It takes the stress away from what is “good or bad”. Real FOOD is FOOD! The 20% is to enjoy special treats. Some of the options that aren’t ideal to make up your primary fuel sources. Such as Red Wine, Chocolate, going out to eat! Enjoy FOOD!

If you can, try to purchase organic fruits and vegetables. The pesticides sprayed on them have not been outlawed in many states and Mexico, where a lot of produce comes from. Organic produce is not sprayed. Costco, Target, Safeway, Sam’s Club and other big stores now carry Organic Produce with many options. If anything, try to purchase Organic for the Dirty Dozen.

Apples
Peaches
Nectarines
Strawberries
Grapes
Celery
Spinach
Sweet Bell Peppers
Cucumbers
Cherry Tomatoes
Snap Peas (Imported)
Potatoes
Hot Peppers
Kale
Collard Greens



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Inspirator Eats

Ways to incorporate vegetables into your diet:

Add them to your breakfast, lunch and snacks! Add Spinach and tomatoes to eggs, cucumber and bell peppers to sandwiches, chard and scallions to frittatas, fresh mushrooms to tomato soup, lettuce wrapped around bell pepper slices with goat cheese, bell peppers baked and stuffed with barley/basil/sundried tomatoes and smidge olive oil.

Breakfast:

Daily smoothie – Coconut water or light milk, 1 serving, vegan protein powder, cup blueberries/strawberries/blackberries, 1-2 cups spinach, ½ banana, 1/6 avocado, chia seeds, hemp hearts, ice
Hard-Boiled Egg with 1TB Goat Cheese, Lemon Pepper and 1 Sliced Apple
Irish Oatmeal with 1 TB Almond Butter, 2 servings fruit blended in
Mason Jar Yogurt Parfait- Layer Mason Jars with Greek Yogurt, fruit, KIND Granola, 1 Tb Almond Butter. Grab spoon and ready!
Overnight Oats
Egg Bake Muffins
4 Ingredient Banana Pancakes

Snack ideas:

Almonds, dried cranberries, dried garbanzo beans, spices
8 Honey Wheat/or GF Pretzels dipped in 1 Tbls peanut butter and an Apple
Carrots, cucumber, bell pepper, broccoli with 2 Tbls hummus
½ cup nonfat Greek yogurt with 1 cup berries and 1 Tbls sliced almonds or walnuts
½ PB & Fruit wrap – half wrap with 1 Tbls PB & sliced strawberries
Turkey Roll up with Cucumber, Enlightened Crisps, Aioli

Dinner ideas:

Frittata over spinach salad
BBQ Vegetables & Fish
Risotto with Spiced Shrimp and grilled vegetables
Fish Tacos
Grilled kabobs, fish burgers, corn salad
Peanut Veggie Stir Fry
Pumpkin Curry Soup with Turkey
Grilled Chicken over Mixed Green Salad
Grilled Ahi with Asparagus and Tomato salad
Croc Pot Curry Soup
Zoodles with Pesto, Pine Nuts & Cherry Tomatoes



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Inspirator Eats

Smoothies Every DAY!

Yes, you will want to prep your smoothies the night before. Why? Because at night time you don't feel rushed the same way you do in the morning. Add in your fruits, veggies, protein powder, hemp seeds, almonds, flax and yogurt. Wait until the morning to add liquid and ice.

Some Smoothie Ideas are:

Green Machine

1 cup spinach
1.5 scoops Vegan Vanilla Protein Powder
1 diced pear
1/4 Avocado
1/2 cup Greek Yogurt
1 tsp Cinnamon
2/3 Cup Coconut Milk
ice Cubes

Pink Pizzaz

1/2 cup strawberries
1/2 mango
1 cup Spinach/Kale
1/2 Banana
1/2 cup raspberries
1.5 scoops Vegan Protein Powder
1 cup Coconut Water

Blue Bangos

1 cup blueberries
1/2 cup blackberries
1/2 banana
1 cup spinach
1/2 cup Greek Yogurt
1 cup Almond Milk or Coconut Water
1.5 scoops Vegan Vanilla Protein Powder



What is your favorite Smoothie recipe? Share [HERE](#):

February 24, 2017
Island Inspirator Retreat

Inspirator Fitness

When I was 14 and a Freshman, I was in the middle of an eating disorder and all of 94 pounds. That wasn't enough for my body, but I thought I wasn't small enough. Internally I was struggling a lot, externally I was happy. When talking to friends, a boy named Jyo looked at me and said, "Shut up you short fat girl. Nobody wants to hear you." He was "joking" but it stuck. It paralyzed me and as much as I would say the words meant nothing as time went on, I would be lying.

At the time, I had no idea Jyo's words would be the ones to make me take huge leaps and bounds! You see, as I got into the fitness industry and started my business, I still had my own insecurities. They don't just absolve as much as we wish adulthood would do that.

Those words would come into my head, making me think I wasn't good enough, fit enough, motivating enough, lean enough to empower my clients. However, it was then I knew I had to keep taking a leap! If I could own my business as a Mom and exercise, other Moms could take a leap and own their body again too. If I could race triathlons, become a fitness spokesperson, my clients could take BIG leaps too. Because the words that once held us back from taking huge leaps, are the words that we leave behind with every step of our journey.

I believe in many ways it is why God gave me 3 gorgeous daughters, to empower them to take HUGE leaps in self confidence each day.

Those negative words in our heads said by someone we knew at one window of our life are not the words to listen to. Those are the words to say, "Thanks, but I am leaping so high you will never catch me!".

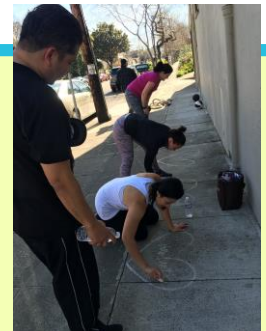
Funny thing is this year, I have taken huge leaps in my business. From boot camps, to Inspirator Coaching & Fitness, Inspirator Retreats, Inspirator Academy and now Inspirator Mastermind...these leaps are what my kids see.

These leaps in having FUN being active with them, honoring and adoring a body that carried and delivered 3 gorgeous girls. They will only know of a life where YOU LEAP to own your worth every day, knowing you spread joy with each jump!

Today, make a BIG Leap!! It's your bonus day to shine!!!

Group of inspired Boot Campers writing ONE element they love about their personality and their body.

Inspirator Boot Camp, Valentine's Day 2017



February 24, 2017
Island Inspirator Retreat

Erin Kreitz Shirey
Inspirator Coaching & Fitness



Inspirator Fitness

Workout Windows!!
Plan your week, don't weaken your plan!
- Coach Erin Kreitz Shirey

What does that mean? Well, it is easy to look at the week ahead and think to just get through one day at a time. To rise, get kids ready for school/daycare, go to work, do after school/work items, exercise, make dinner, bathe and bedtime. But as we all know, the weeks can get packed without even realizing it! Before you can blink, the weekend is calling you again and there is still a list of things to do, combined with that exercise goal lingering over your head.

Now let's plan your week ahead. Look at your daily calendar. If you don't have one, there are tons of options and downloadables at the Inspirator Retreat Pinterest Folder. Write down blocks for the non-negotiables. Work, MD appointments, Kids Sports Practices, Meetings, Breakfast/Lunch/Dinner. Note that the BEST way to find Workout Windows of course is to kick off the day by 5:00 am and get it in first thing in the morning. However, that may not be your style...yet! So now let's work with the timing you do have.

Example: You are a graphic designer with your own practice and work in San Francisco. You have 2 kids ages 6 & 9, coach older kids soccer team, volunteer for the Homeless Shelter.

Wednesday your Bay Area day looks like this:

6:30 am wake up & shower

7:00 am make lunches, kids up, breakfast

8:10 am family off to school & work

8:20-9:15 am commute to work in SF

9:15-4:00 pm work

4:00-4:30 commute home

5:00-6:00 pm youngest has soccer practice, so at the field with oldest doing homework

6:15 pm home - dinner prep and eat

7:30 pm bathtime

8:30 pm lights out kids

8:30 pm -9:00 pm- Make Halloween Costumes, plan Homeless Shelter Fundraiser

10pm - free but you are wiped out from making dinner and a busy day you sit on the couch and watch Stranger Things

No one is "too busy"
in this world,
It's all about
priorities.

Lessons Learned In Life

It seems pretty tight, she is a busy Mom who is trying to fit it all in. But SHE feels like crap since she isn't taking care of her own health and wellness needs. She is helping her family, but not helping her own fitness goals.

Where do you think she could find some Workout Windows?

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Inspirator Fitness

Plan your week, don't weaken your plan! - Coach Erin Kreitz Shirey

Revised schedule with various Workout Window Options:

5:30 am - Wake and go to gym for 50 minute intense cardio & HIIT workout

6:30 am - Shower & Ready

7:00 am make lunches, kids up, breakfast

8:10 am family off to school & work

8:20-9:15 am bike 4 miles to Ferry and take Ferry to SF. Arrive same time as your neighbor who drove.

9:14 am-4:00 pm work

12:30 pm -1:00 pm Walking Lunch Break - Walk and every bench you see, do 3 sets of dips and push ups.

2:30-2:50 pm on Conference call you are not leading. Keep your voice on mute, do stairs while on the call taking in the information.

9:15-4:00 pm work

4:00-4:30 commute home on Ferry and Bike to pick up kiddo.

4:30-5:00 pm Bike 1 mile to Kiddo's soccer practice with both kids.

5:00-6:00 pm youngest has soccer practice, so at the field with oldest doing homework

5:00-5:30 pm help oldest with homework while youngest is at practice. 5:30-6:00 pm do HIIT Circuits with oldest at Soccer Field.

6:15 pm home - dinner prep and eat

7:30 pm Bathtime/Showers

8:30 pm lights out kids

8:30 pm - 9:00 pm - Clean up kitchen and prep lunches for next day

9:00-9:30 pm - watch one episode of Stranger Things WHILE doing Yoga and Core work.

9:45 pm in bed for restful night and ready to rise the next day!

When people say they have no time to exercise, I say that is crazy talk! Plan your week out, map each day, highlight the non-negotiables and find little windows of opportunity. Today there was a 15 minute window between 2 coaching clients. I had to move! Grabbed a medicine ball, I went out front and did 2 HIIT Rounds totaling less than 9 minutes. Energized, endorphin rush, 89 calories burned.

All the Workout Windows add up!!!

Inspirator Mari H., Writer and Mom to 4 sons, has said that Workout Windows have saved her fitness as she works on the manuscript of her first book.

"Playing with my kids outside allows me to fit it in. Actually playing, NOT watching them play. Also, running to drop off my 3rd son at school adds in miles."

Inspirator Andrea R., Realtor and Mom to 3 sons and 1 daughter, incorporates Workout Windows to ensure she can keep up with her demanding schedule, while having FUN with her kids.

"When I'm picking up my kids there is a play structure and stairs. I do the monkey bars and step ups. Also, while they are at soccer games I do stretches and walk."

Inspirator Merriann C., Entrepreneur and Mom to 2 daughters and 1 son, incorporates her kids into her Workout Windows on days she can't train 1:1 with Inspirator Coaching & Fitness Sessions.

"Workout Windows often happen with my kids in tow...playing baseball, basketball, volleyball, running alongside them as they bike. I do HIIT workouts while they do homework. I have to use my time wisely, or else I miss out."

These Inspirators are all busy working Moms of 3 or 4 kids! They have worked hard at shifting their schedules around, but if they can do it, so can you! Every Wednesday, join Inspirator Coaching & Fitness and POST your #WorkoutWindow We learn and are motivated from working together!

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Erin Kreitz Shirey
Inspirator Coaching & Fitness



Inspirator Fitness

Some Tips for finding and creating Workout Windows:

- **Sunday MAP** out your week. *INCLUDE everything- travel time, buffer time, unexpected time sucks for the week.*
- Use your mobile device “To-Do” lists.
- Organize! Don’t just buy an organizer, *USE* the organizer. Find out which organizing system works well for you.
- Create alarms in your phone reminding you to get up and exercise. Every hour, get up and move.
- Make yourself think of exercise as a non-negotiable, just like it is mandatory to brush your teeth every day. Your body must be healthy to function!
- Use **TIME EFFICIENT** workouts each day! HIIT training and multi-muscle exercises. These exercises are compounding exercises that combine many muscle groups at once. Thus, you are able to burn more calories, challenge your heart rate, and be time efficient. Example :one minute cycle, repeated 4 times of 3 exercises such as Burpees, Reverse lunges with Overhead Press, Mountain Climbers with push ups.
- **GOALS!!!** Yes Goals again! Woo HOO for Goals! Use Races as set goals on the calendar. You have to train to race, so you must map out the workouts like any other appointment.
- Set **Fitness Dates** with Friends! Go to a new class together!
 - What are some Fitness Date ideas?
- **Active commute!** Yes, **ACTIVE COMMUTE** adds tons of physical time to your day.
- **FitBit Challenge** – get in on the many FitBit Challenges. Not just for 10,000 steps, but set the goal of a minimum of 12,500 steps/day. It is not that hard when you walk 4-5 blocks to do one errand, walk 3 blocks to grab lettuce, add in 5 minute HIIT workouts throughout your day.
- **EXAMPLE** to make a crazy challenging event a fitness filled Workout Window:



We go to UCSF Benioff Children’s Hospital with Finley quite a bit. It is either a 30-1.5 hour drive or we can use public transportation. I plan the day to take the ferry, bringing the jogging stroller. We run to see the Sea Lions at Pier 39 before her appointment and then run to her appointment. ON the 2 mile run back, she walks part way and we stop and do circuits at the benches while Finley is having toddler fun. She enjoys it, I get in 5-10 miles and lots of strength work, we both are less stressed with the appointments and labs/blood work that has to be done.

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Inspirator Fitness

HIIT #1 – Tabata Intervals – Each Exercise 8 x 20:10

Burpee Bonanza

Burpees
Jump Squat Forward & Backwards
Jumping Jacks
Heismans
Bicycles

HIIT #2 – HIIT Intervals – Each Exercise 6 x 40:10

High Knees
Dive Bomb Push Ups
Burpees with 5 Mountain Climbers
Side Bends with Heavy Weight – L&R
Plank Up Downs

HIIT #3 – HIIT Intervals – 3:2:1 – 3x Cardio, 2x Strength, 1x Core

1 Minute Speed Skaters
1 Minute Wide Jacks
1 Minute Liners
1 Minute Spider Man Push Ups
1 Minute Crossover Lunge with Weights
1 Minute Butterfly Sit Ups
Repeat 4x

CORE #1 – Round 1 – 40:10 x 3

Butterfly Sit Ups
Side Plank Left
Side Plank Right
Extended Leg Toe Touch
Wide Angled Plank

CORE #2 – Round 2 – 30:10x4

Traditional Plank
Burpees – CORE engaged
Supermans
Caterpillars
Side Plank Toe Touch – Left & Right

CORE #3 – Round 3 – 3x20 reps

Side Crunches
Military Sit Up
Prone Opposite Arm/Leg Swimmers
Cat-Cow Stretch

Tabata Workout 2
:20/:10 x 8

4 Rounds - Core

1. Sumo Jacks & Half Burpees
2. Jack Push Ups & Bicycles
3. Wide Burpees & Hip Rotation Planks
4. Russian Twists & Gorilla Planks

Coach Erin Kreitz Shirey-
DigDeepPlayHard.com



Inspirator Fitness

MINUTE TO WIN IT WORKOUT!

The joy of this workout is you only do one exercise for one minute. Boom, done. Then you complete another exercise for one minute. Boom, done. Simple, easy, and focused. If you have 10 minutes, you complete 10 exercises. If you have 20 minutes, you can do 20 exercises. It gets tough, and very hard!

Exercises:

Push Ups
Dips
Pull Ups
Pull Downs
Dive Bomb Push Ups
Side Press – each arm
Plank
Mountain Climbers
Squat Roll Ups
Jump Squats
Bulgarian Split Squat
Brazilian Lunge
Jumping Jacks
High Knees
Speed Skaters
Lateral Hops
Moguls
Heismans
Burpees
10 Quick Steps to Shoulder Push Ups
Bicycles
Side Planks
Plank UP Downs
Tick Tocks on the ground
Tuck Jumps
Basketball Pass/Hoosiers
Side Lunge
3 Part Lunge
Butterfly Sit Ups
Cat Cow – HOLDING each movement for 5 counts
Supermans



YOU DID IT INSPIRATORS

You shared in an experience that is unlike any you had done before, in part because of you being at the right place and present at the right time. YOU are beyond inspirational, phenomenal,

You have evolved and grown today and YOU are exactly where you are supposed to be right now. Don't stress so much wishing for change and forget to enjoy the moments you are living. YOU are beyond inspirational, phenomenal, loving, capable and worthy of loving each day with your whole heart. Your health and fitness is only going to GROW from here. Each of you in various ways. Kick your workouts ass, implement a training plan, follow your meal plan, be mindful daily, fill up your Bliss Buckets, exude JOY wherever you go and high five that phenomenal chick you see in the mirror every single day! YOU are incredible!

YOU are your OWN Inspirator!

Thank YOU for making space to be at the Island Inspirator Retreat and Thank YOU for being YOU!



So much love, cheer and gratitude –

Coach Erin Kreitz Shirey

Personal Trainer & Empowerment Coach

Motivational Speaker | Master Trainer | Inspirator Coach | Health & Wellness Writer

BS Kinesiology, ACE, TRX, Fit to Deliver, Real Ryder, Tabata Boot Camp, Mat Pilates, Sports Nutrition

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Inspirator TM Coaching & Fitness creates Inspirators to live one strong emPOWERed move at a time.

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