

COVER PROFILE

ERICA HILL, 27

Personal trainer, group fitness instructor, dance instructor at Beth Cross Centre of Dance and Voice in Bartlet

Married to Mike Hill; mother of Pierce, 5, and Kade, 3

If a reader only has 15 minutes to work out, what should they do?

Jump lunges, jacks, abs, biceps.

Tell us your top nutrition tips.

1. Everything in moderation.
2. Healthy snacking so you do not over eat at meal time.
3. Plenty of water.

“I’ve never done a fad diet. Five years ago, I gained over 75 pounds with my first pregnancy and worked it all off with a clean diet, sweat and determination. After working that hard, I knew I would never let myself put on more than five pounds above my comfortable weight for my body.”

Fit Flash

DIET: A clean diet of whole foods, especially baby spinach and quinoa.

GOOD EATS: “Anywhere with a great sushi chef!”

CALORIE CRUSHER: Fusion Fitness, which is a cardio dance class I teach.

FITNESS MUST-HAVE: Dumbbells...and baggy sweat pants!

BEAUTY MUST-HAVE: Cover Girl water proof mascara.

What’s on your list to accomplish in 2011?

Continue to help people to come to a place where they feel healthier, happier and empowered, by helping them accomplish their own goals. And to survive the first week of my first born starting kindergarten in August!

How do you inspire your clients?

Listen and watch to seek out their needs when they can’t vocalize them. Getting down and sweating it out with them. Helping them to truly believe they can be fit and healthy for the rest of their life.

What’s your “big picture” philosophy on health?

I believe that healthy nutrition and regular exercise are vital to a happy and healthy life. As a working wife and mother of two young boys, I know that I am able to give my family a better “me” because I put the time and effort into taking care of myself inside and out. I believe that in order to maintain a healthy exercise regimen for a lifetime, you must find something that you enjoy and incorporate that into your everyday life. Yes, there will always be the “work” aspect of working out. However, working out should be something you look forward to.



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