

BARBELLS **FITNESS**

**Christie
Kratz**

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Founder Angela Crouch



Angie Crouch founded Barbell's Fitness in 1995,

she was only 15 years old.

Her first fitness center was located on Indrio Road in Lakewood Park, Florida.

In 1997, she expanded to a second location in the Orange Blossom Mall on Okeechobee Rd in Fort Pierce Florida.

Her dedication, motivation and eagerness to promote a healthy lifestyle lead her to create a fitness video with Bandit Equipment.

Two years after she founded Barbell's Fitness, she was killed by a drunk driver.

She was only 17 years old.

Nevertheless, her dream and legacy are still alive. We encourage Readers to support their M.A.D.D. organisation



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Life isn't about finding yourself but creating yourself.

Have a goal in life is very important because it guides your focus and helps you sustain that momentum in life.

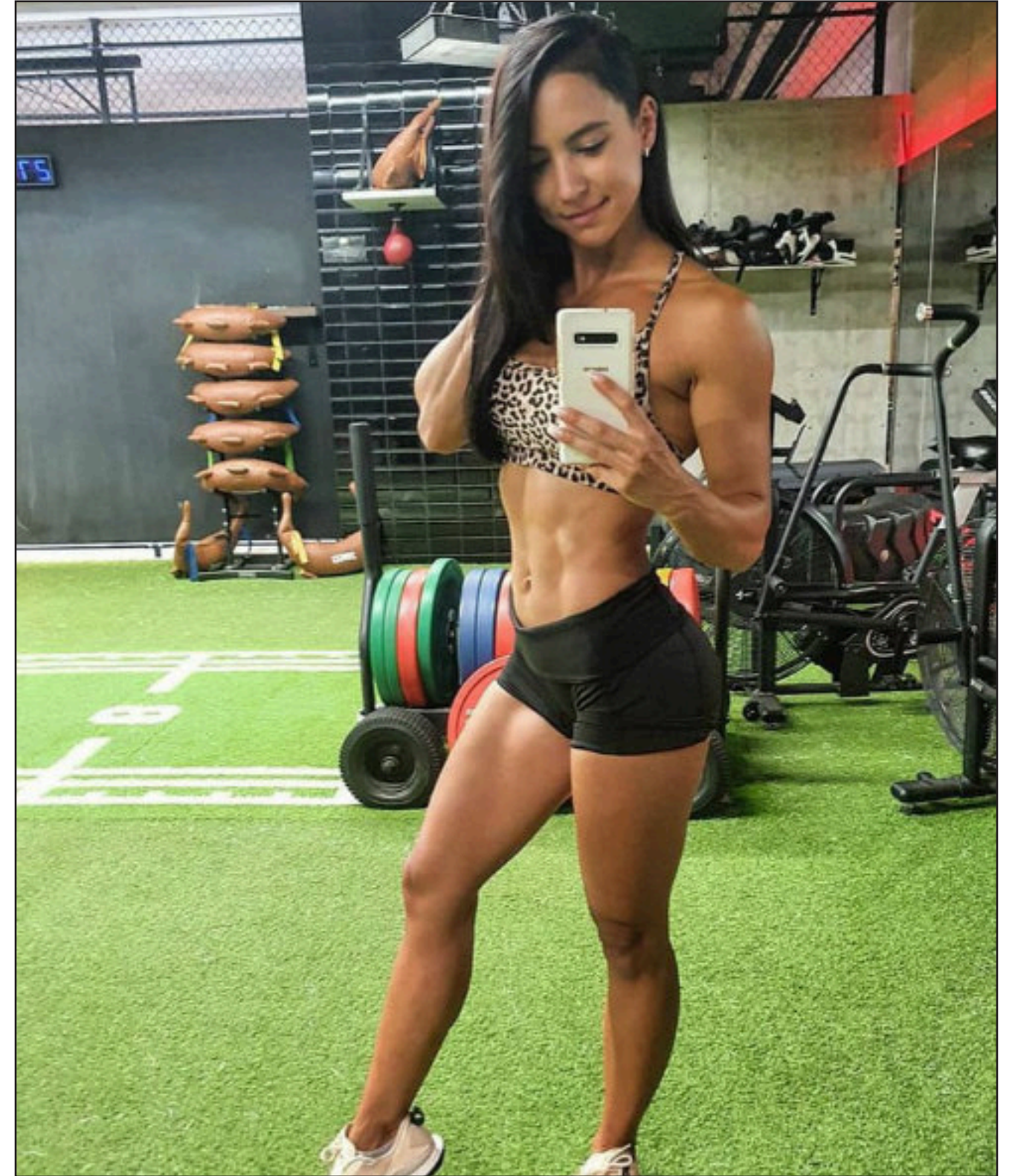
Every level of achievement requires its own combination.

It is a combination of what you do, how you do it and who you do it with. Everyone has the same amount of time, and hard work is simply hard work. And if you struggle in your life that's ok you are not only one. Remember all of your struggles made you stronger.

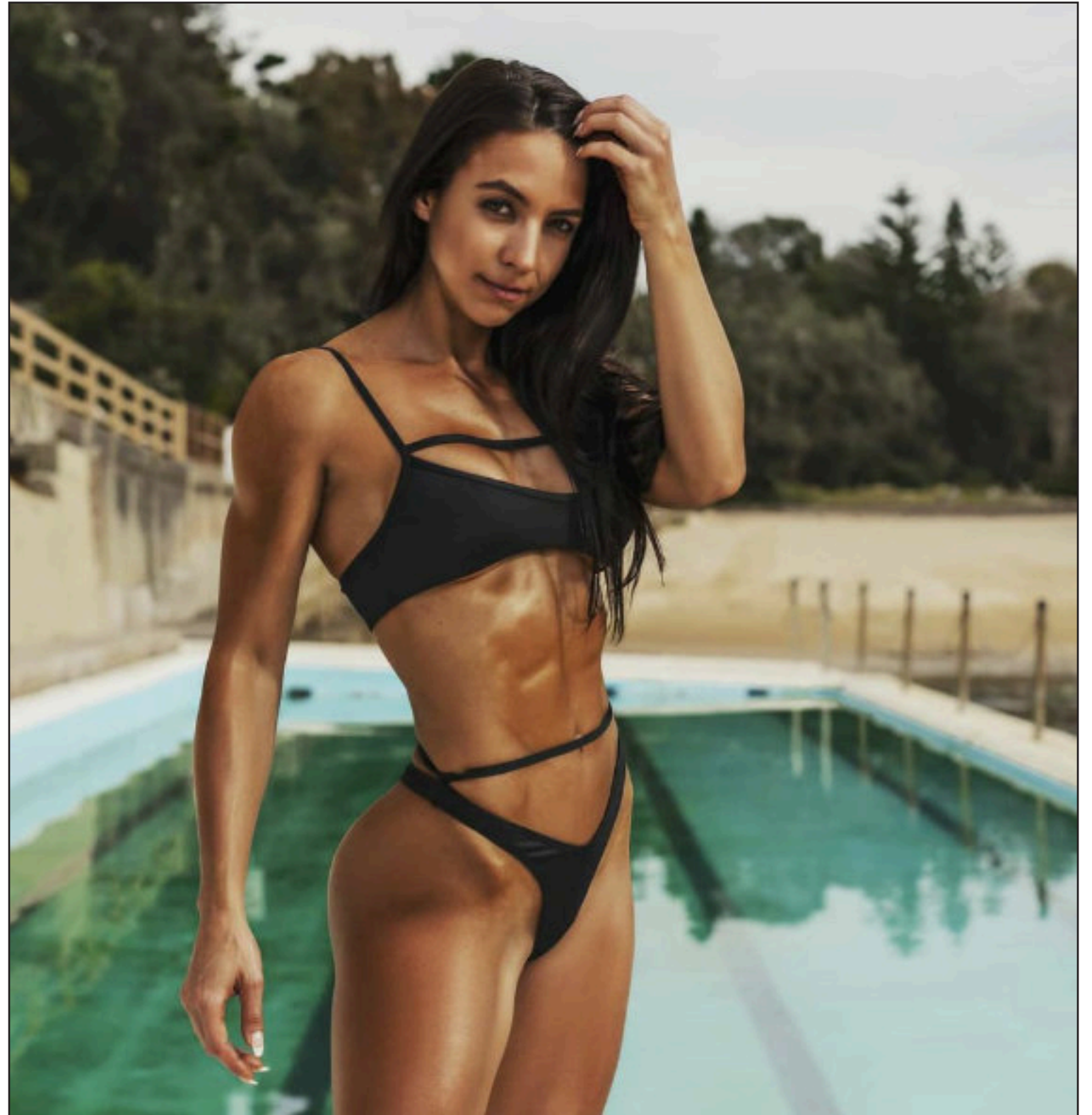
Just keep going by 5 important steps:

1. Relaxing for spiritual energy.
2. Eat right, exercise and sleep for physical energy
3. Hug, kiss and laugh with loved ones for emotional energy.
4. Set goals, plans and calendar for mental energy.
5. Time block for work for business energy









I am a fitness queen
with goals that my
company will take off.





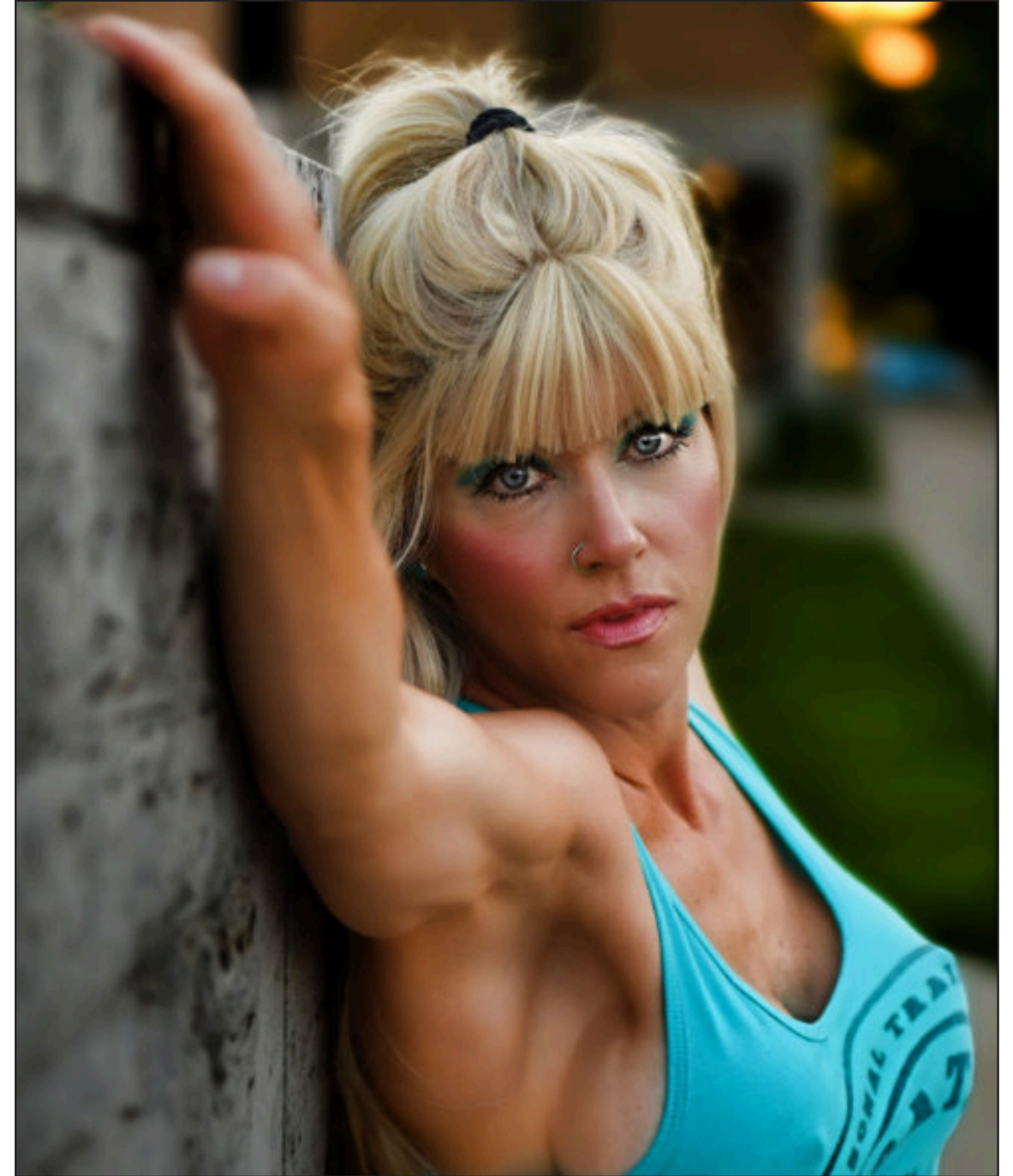
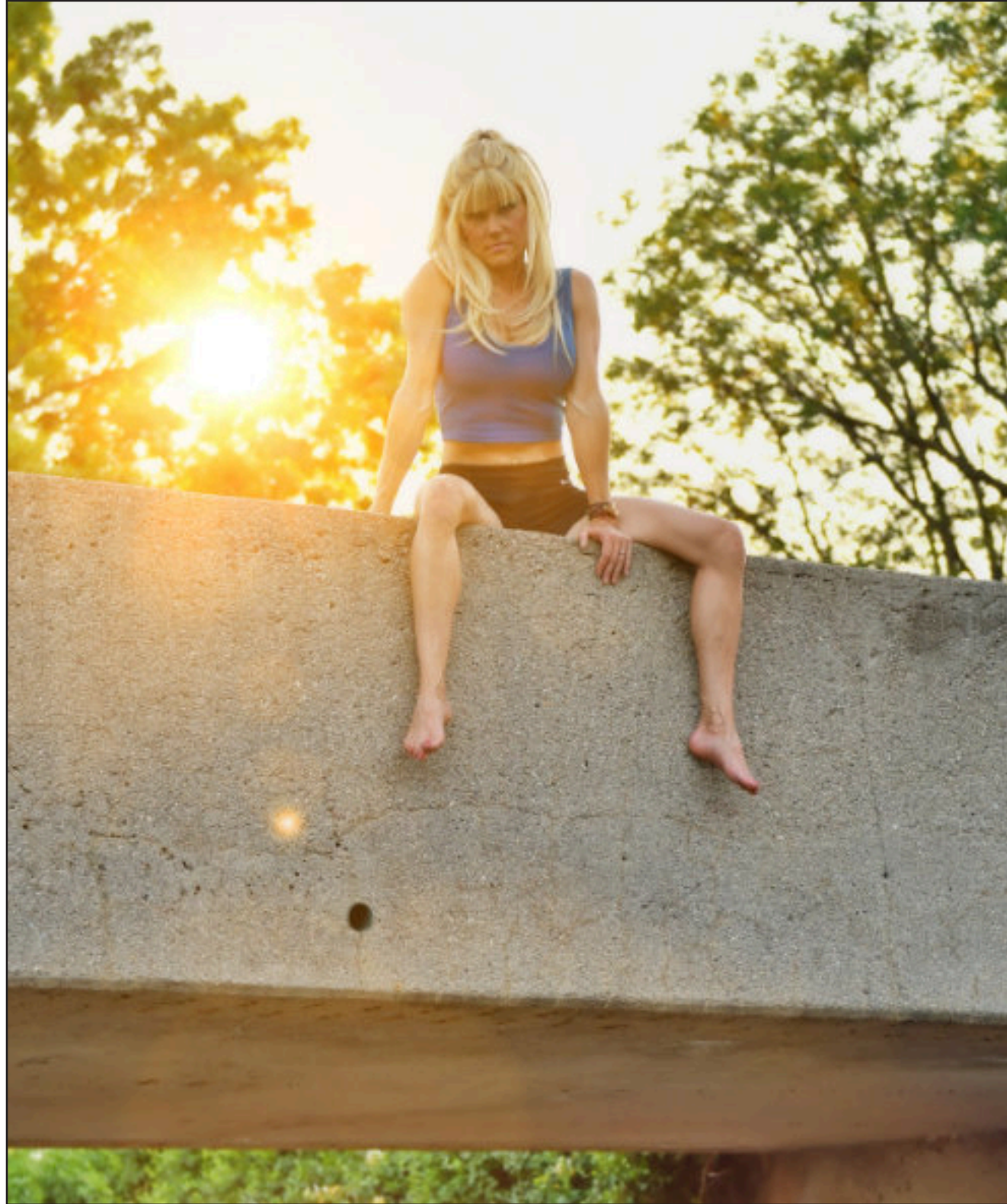


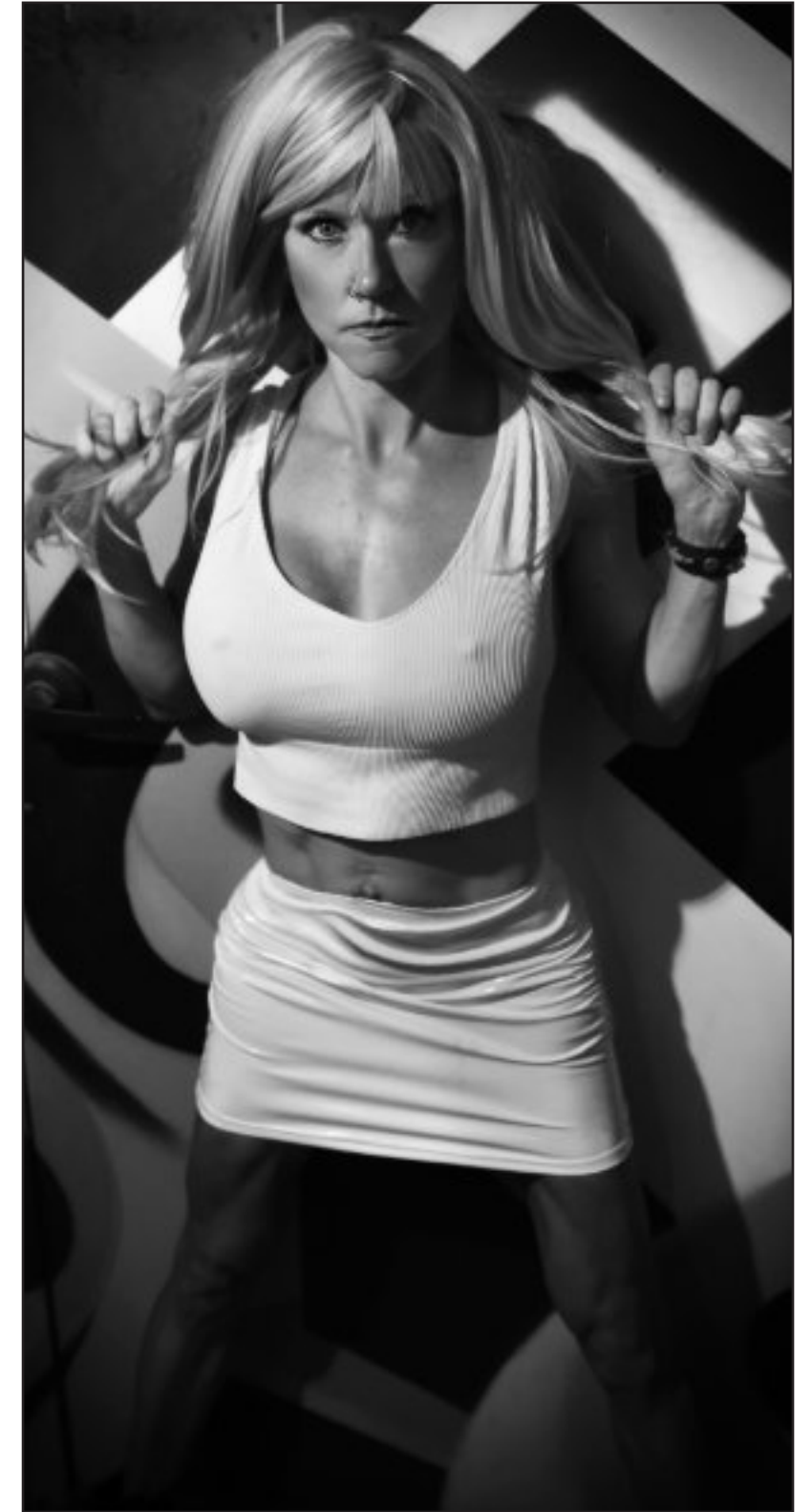
Hello my name is Christie Kratz. I modeled as a very small for over 10 years. As time has passed I achieved a degree in Health Education and Nutrition in college. I also am a NASM personal Trainer. I completed in 3 bodybuilding and physique competitions before I had my 3 boys

and won many awards. My boys are 5,3, and 2. I am married to a wonderful man who is a great blessing to me and my family. Here are some recent photos from Derrill Grabenstein.

Photos Credits :: Derrill Grabenstein @de_grabenstein





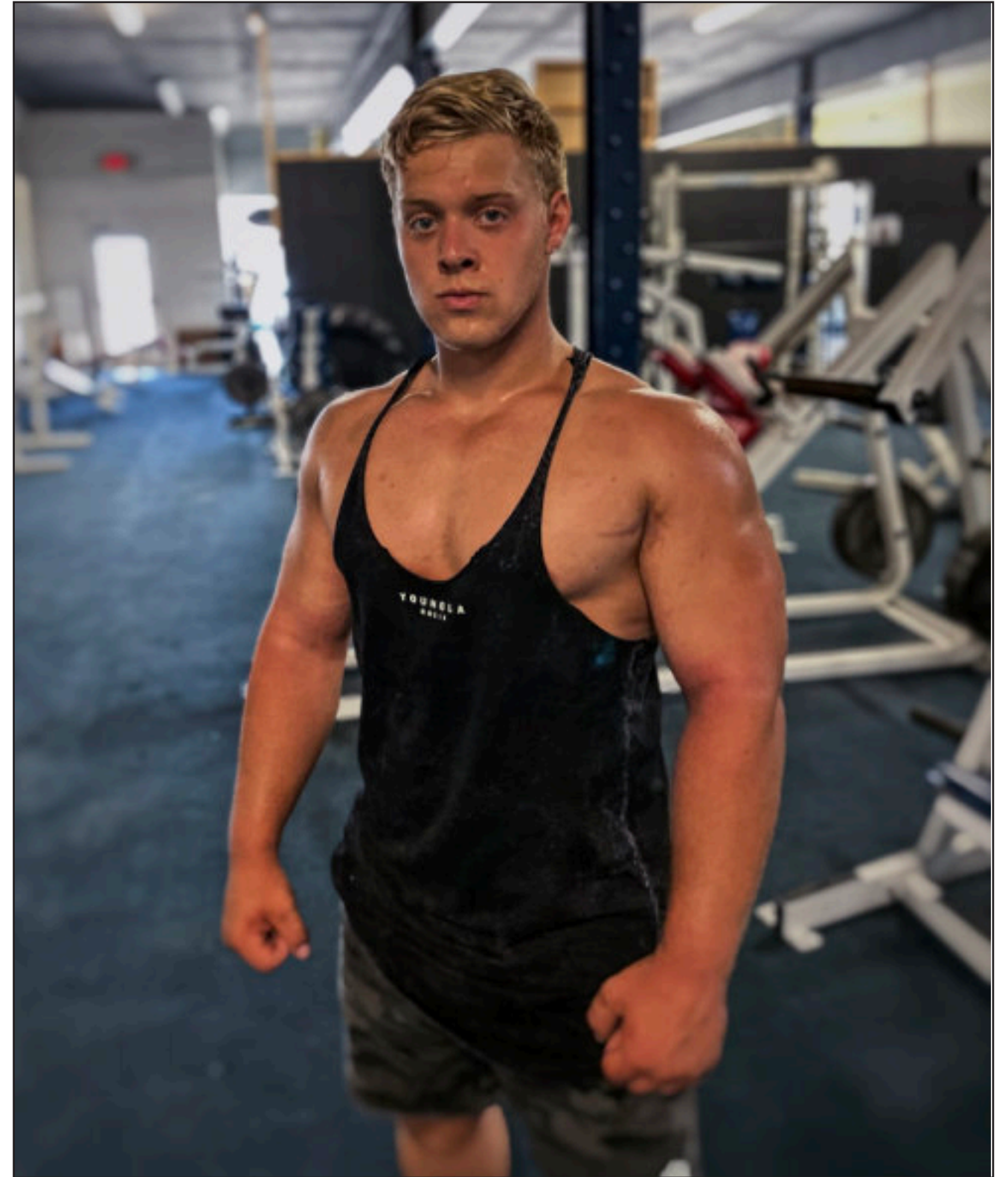


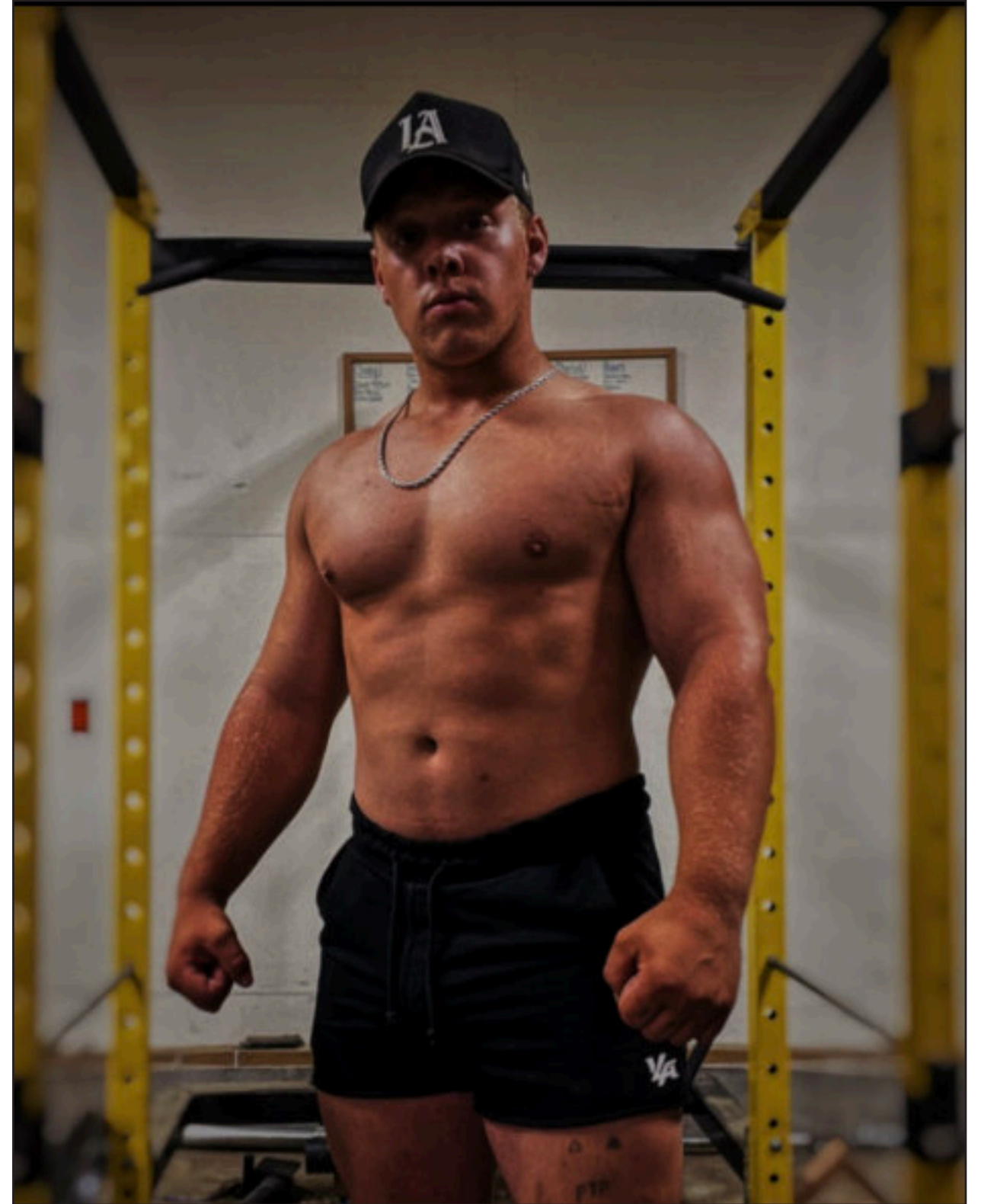




Damion Ginac

My current goal is to make fitness my full time job. Currently, I am sponsored by Team Personal Record and MuscleTech and am working to grow in the fitness industry to get my name out there. Photographers Credits: Myself







My names Faye Delune, and I'm A Professional Model, Promoter and Photographer, (Delune Photography) of over 10+ years, but I'm really just an all around creative person and artist. I make a lot of different forms of content and art. Online Content is my main form of art tho. Honestly my dream is to just make art, and make others happy, but really, If I can spark a reaction of any kind from my art, then I've met my goal. I'm a huge nature lover, who's obsessed with all things astrology and space. so I try my best to incorporate nature and astrology into my work. But really, I just love bringing ideas, and stories to life with my art. Almost every image of either me, or my photography, I try to convey a story within it. "I'm A Blank Canvas, Give Me A Story To Tell." / "Lets Tell A Story." / "A Story Within Each Piece" Are the phrases I Use To Describe My Art. For the past 10 years, I've been studying and learning Photography, Modeling, Promoting and Marketing at The Professional Level and really enjoying the artistic aspect of it all. In 10 years, as a model, photographer, and Promoter, I have had the honor of being featured in/on countless of Magazines, Runways, Commercials, Editorials, Catalogs, Websites, Social Medias, and more! I have also worked with several Brands, Companies, Businesses, Artists, Designers, Bands, and more! Through the years, I've had the pleasure of meeting a lot of very cool, interesting, and kind people. I'm a social butterfly, so obviously this was heaven for me. People leave impacts on you, and this job of mine, regardless of if I'm the model, photographer or promoter, it allows me to meet lots of people, who usually leave impacts on me and vice versa.

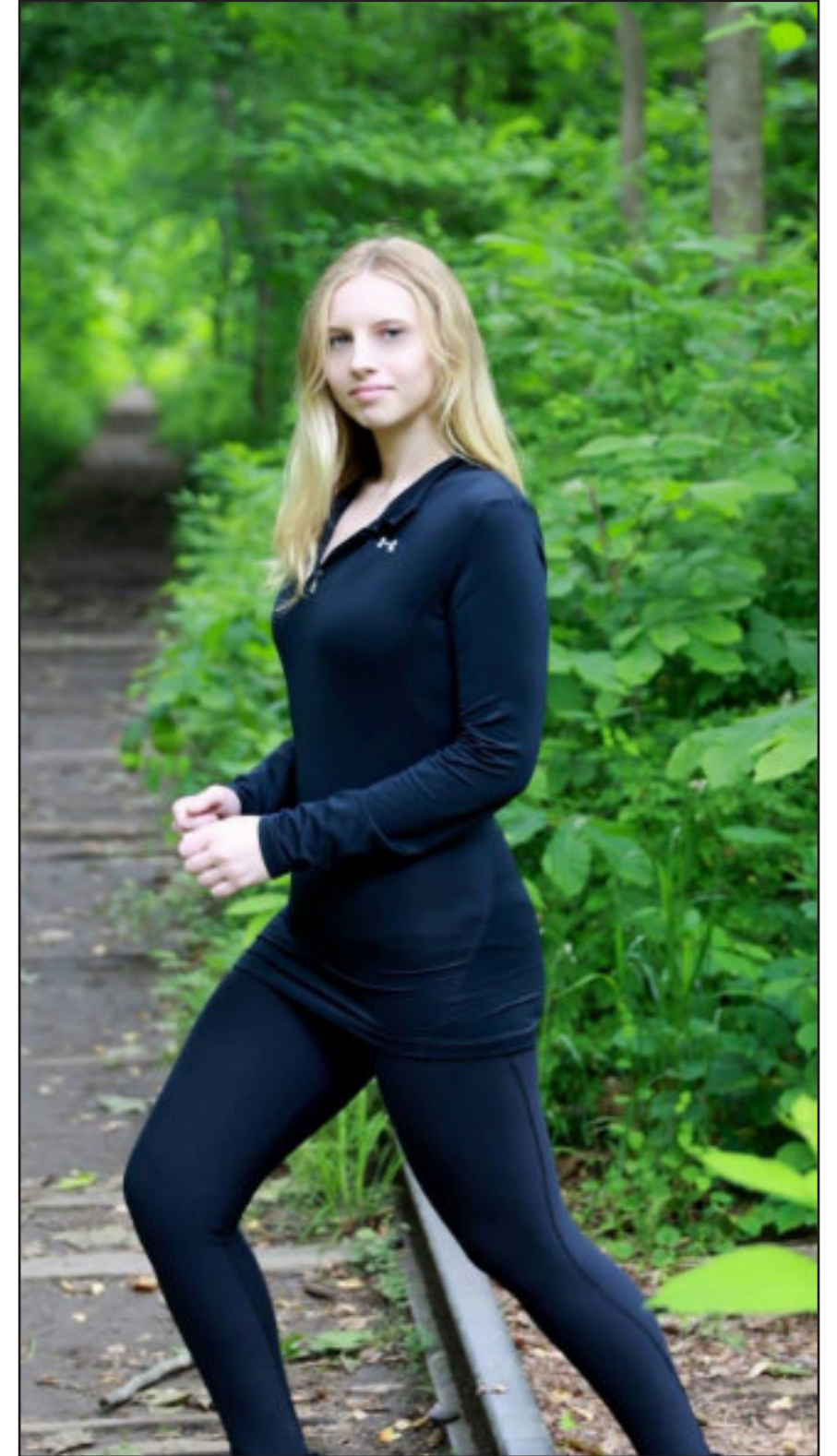
I love making art, and love showing it off.

I hope you enjoy my work, and I welcome you to my world.

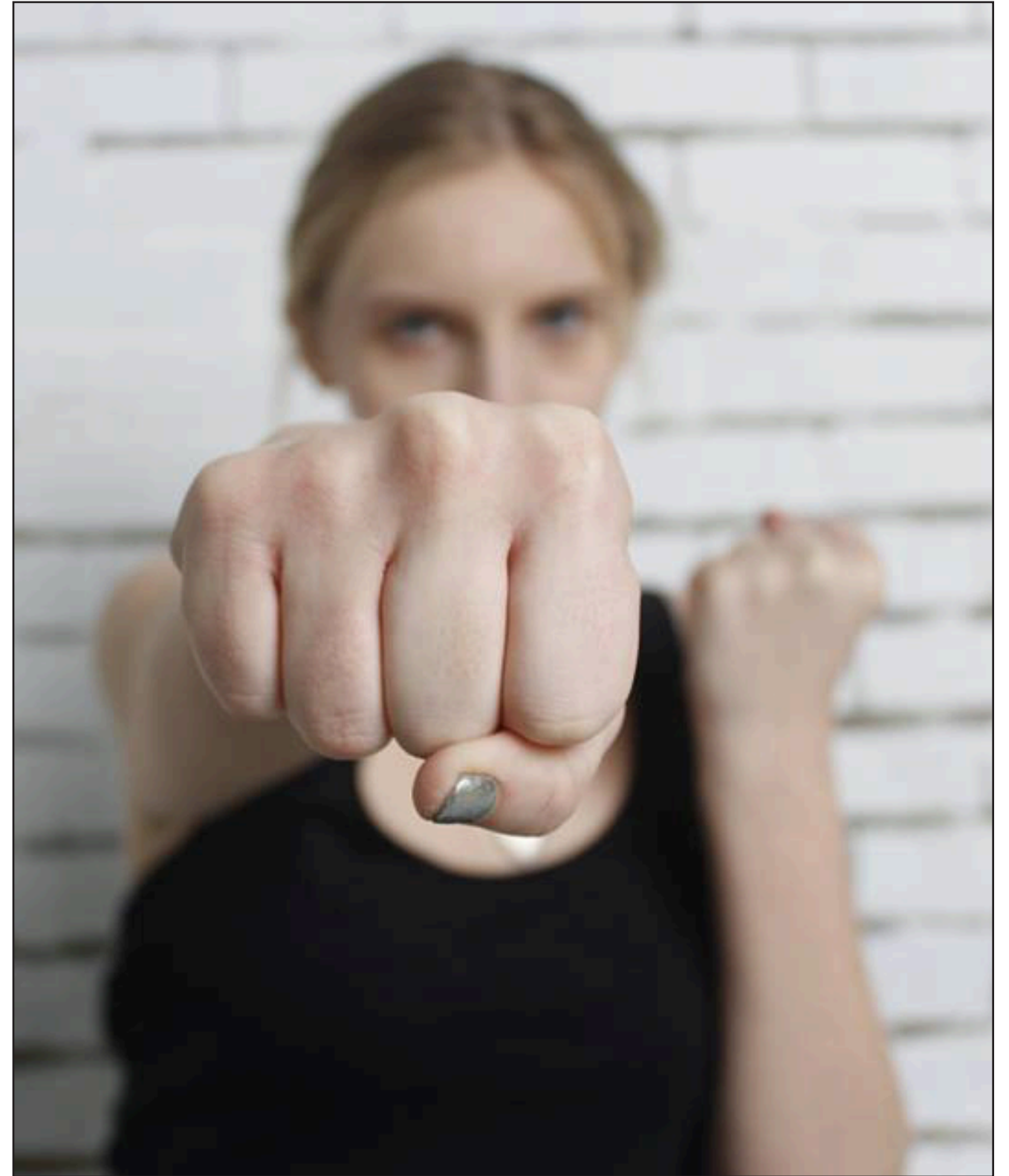
~ Faye Delune

FayeDelune.com - FayeDelune@Yahoo.com

Photos Credits :: Vision Knights Photography









I'm a 39 year old fitness enthusiast and athlete my sports are martial arts, kickboxing, Japanese style jujitsu, and I'm a national gold level equestrian in dressage. I'm a proud Indigenous local here in Ottawa, and I work as a medical aesthetician at Ever Radiant. I'm passionate about art, music, and modelling not only in front of the camera but behind the scenes as well.

Photographer : Devon Veillette
Photography

IG @devonv__

MUA/H StyleSquad

IG StyleSquad2







Joshua Como



I'm from Moreno Valley California where I was extremely fortunate to have a childhood. I was raised there by both parents. I graduated from Rancho Verde high-school and excelled in the sport of Track and Field which led me to earn a scholarship to Cal State Angeles where I hold the Triple Jump school record since 2010 and won The Division II title in the Triple Jump event 2011. One of my challenges is getting in contact with the right people for opportunities and growth.

One of my accomplishments was competing at

the University of Oregon 2012 in the Olympic Trials. Another accomplishment of mine was being signed to Wild models Los Angeles the end of last year. The most current accomplishment was walking the runway for the designer Joshlyn Jamison representing her clothing line Zedecahemporium March 26th 2022 at the Los Angeles Convention Center. My goals are to act and model full time and that is my dream. I am thankful for my health, opportunities and family support. I take one day at a time working towards the smallest goals to accomplish my big goals.







Natalie Jane

Dreams to empower women and beauty.

Goals to develop my career in fashion modeling.

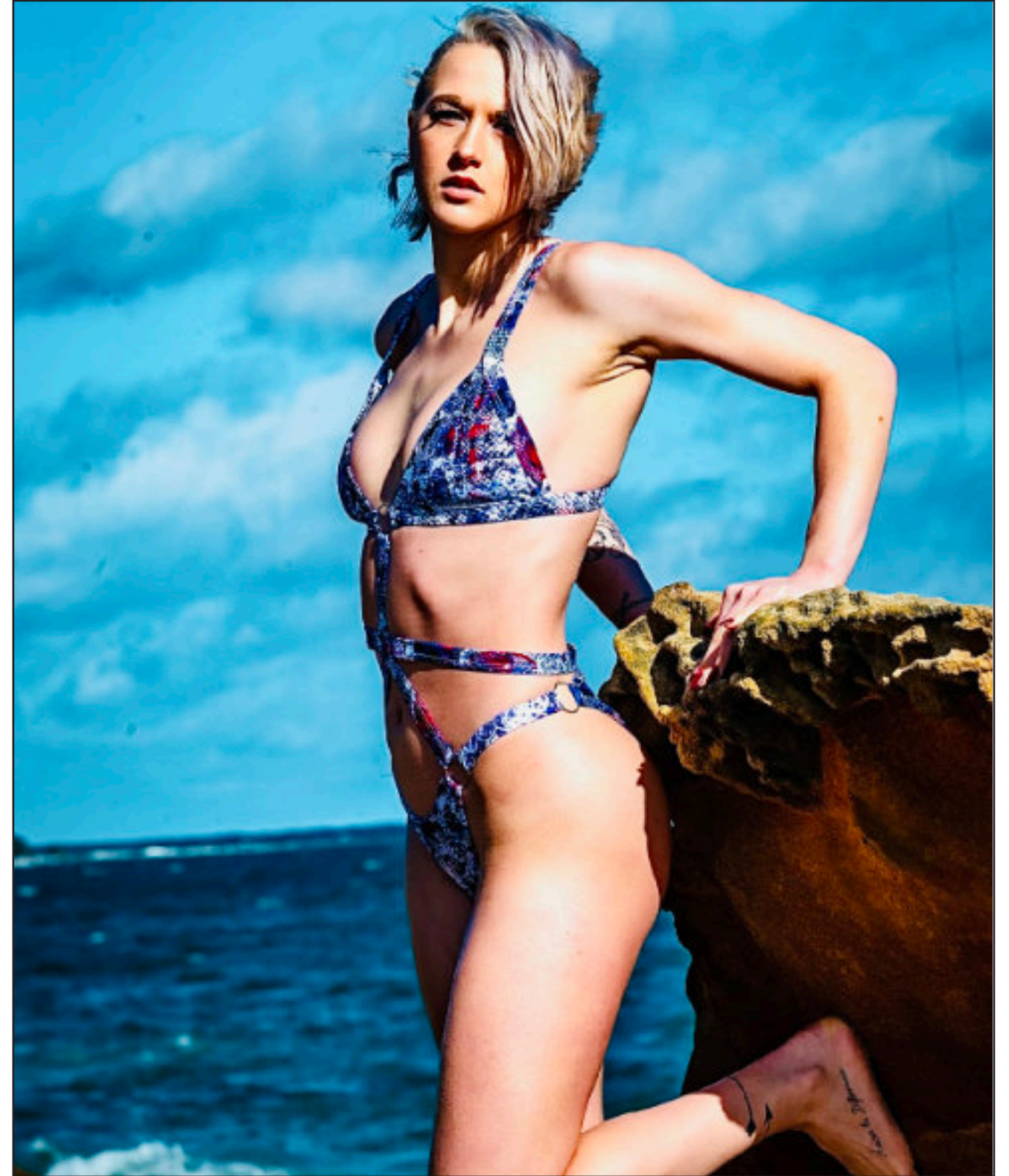
Achievements are with the people that have taken me to where I am today - thank you.

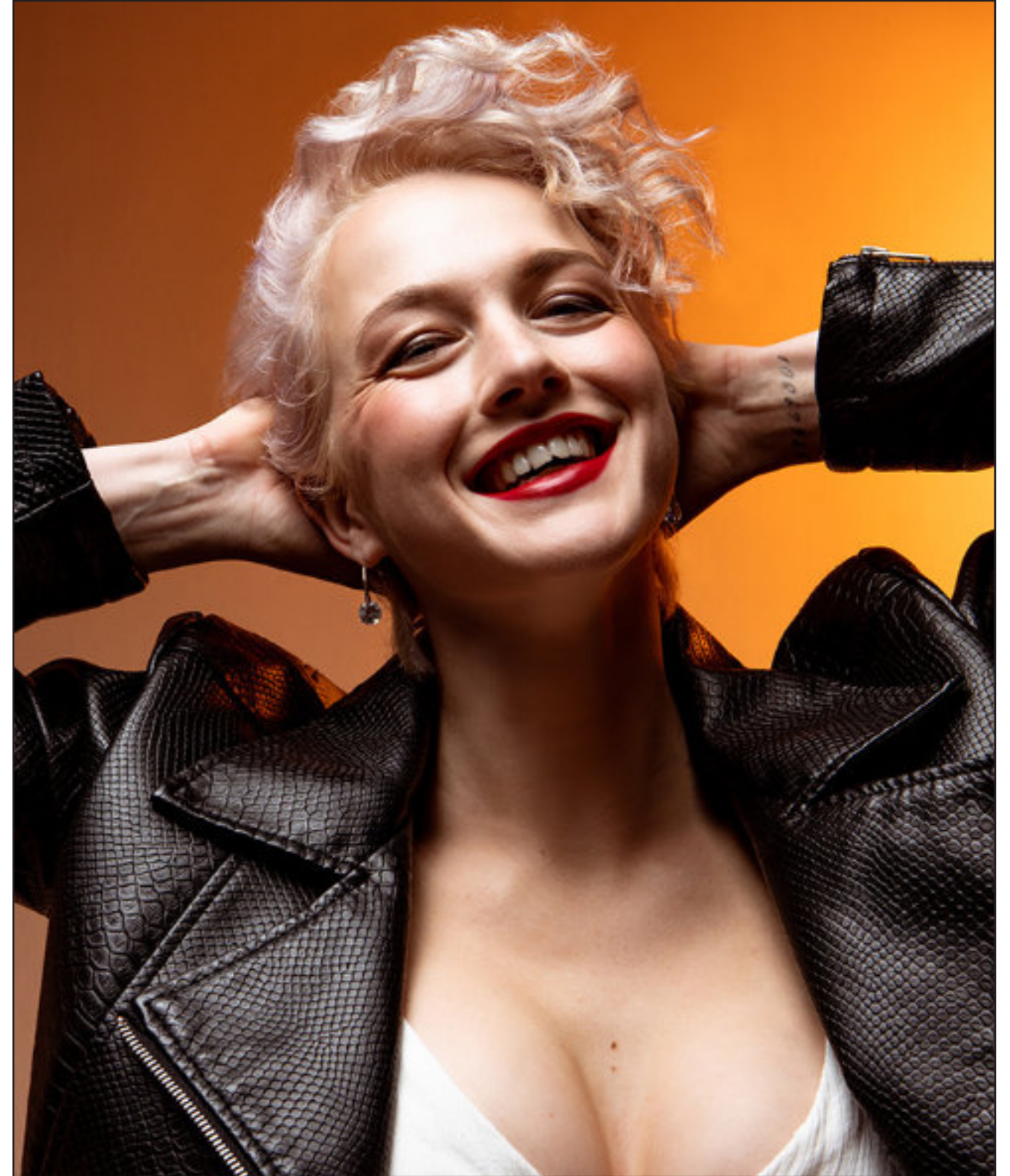
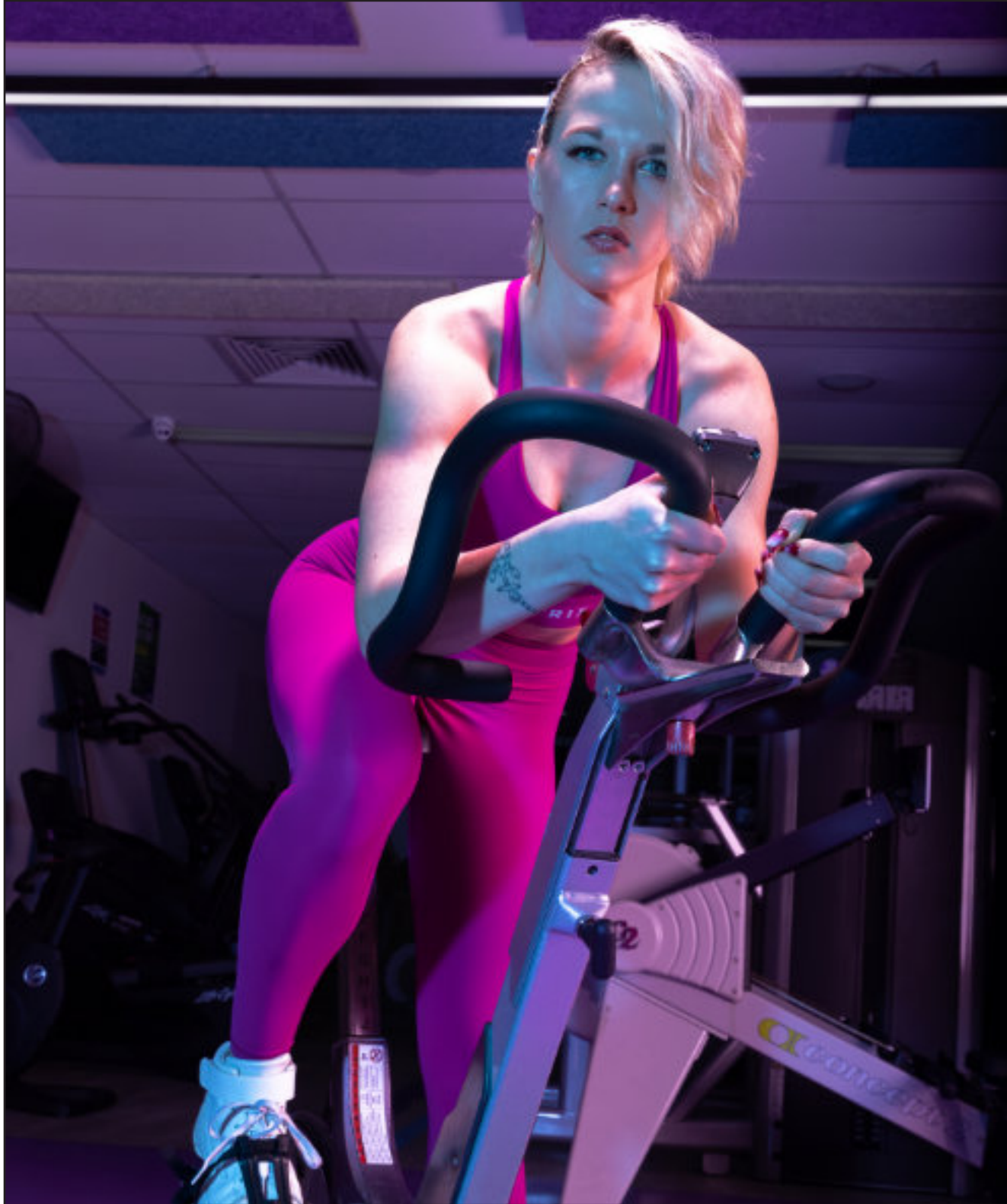
Challenges is to focus on growth through a world of what we call life.

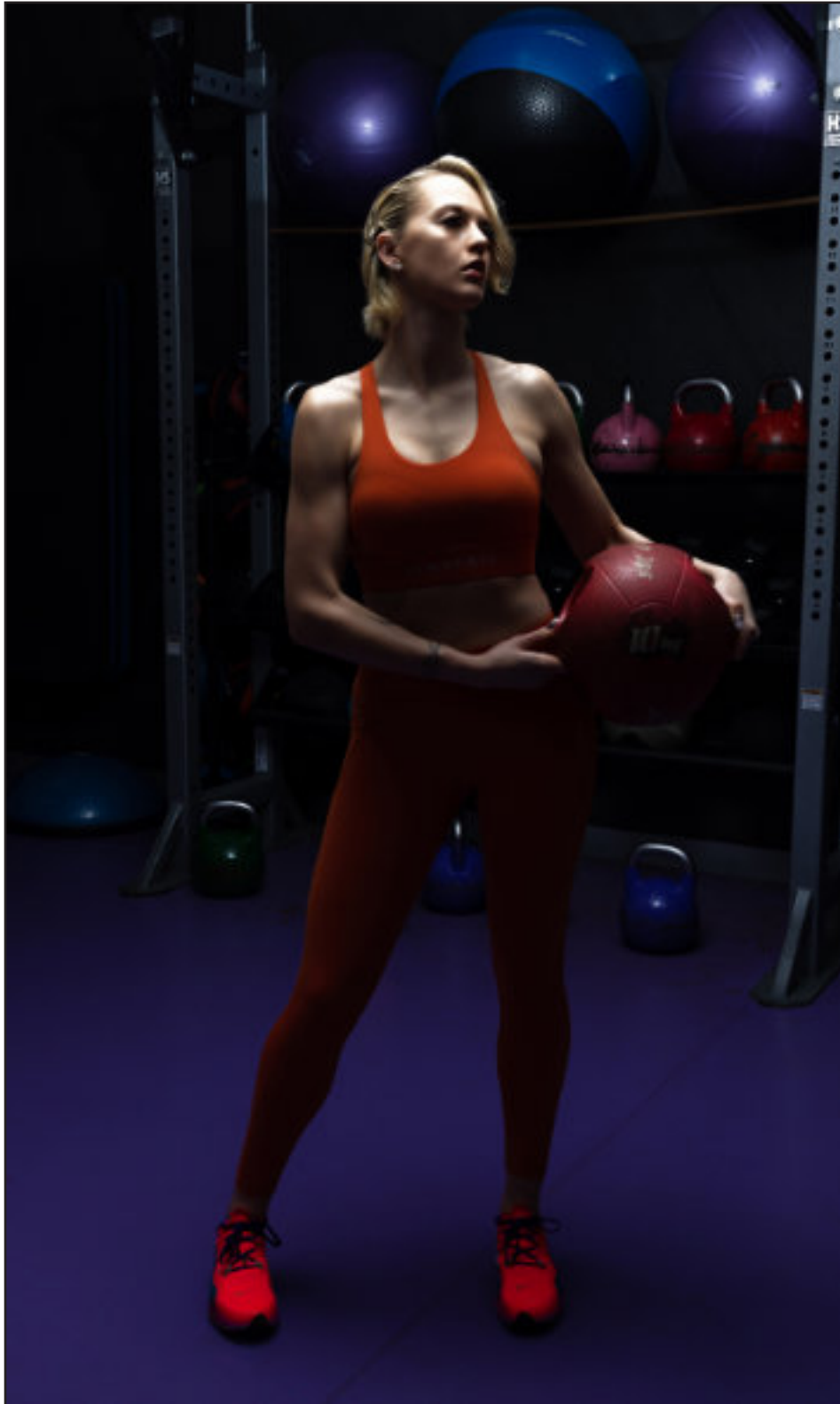
Photographers Credits: Mishmishphotography / Cudtom Chopper / Venatrix





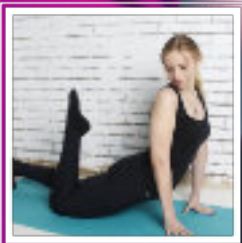
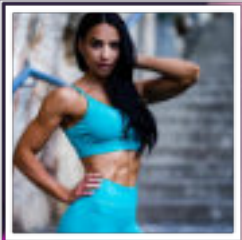
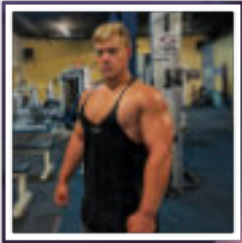






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Natalie
Jane



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