



Jen Hendershott

Jen Hendershott has become one of the most highly sought after experts in the areas of health, fitness and reaching of ones peak potential. While she has claimed some of the most prestigious titles in the world of women's fitness including winning both Ms. Fitness Olympia and the Fitness International Crown. Hendershott believes that while trophies are nice, changing someone's life has proven to be much more rewarding.

However success has not always come this easily to Hendershott. In high school, Jen had a guidance counselor that tried to talk her out of going to college. "He told me "people like me" did not succeed in college. I probably wouldn't get into college anyway. My guidance counselor was not trying to be a jerk. He was trying to be honest. I barely graduated high school with a 1.9 GPA," she added. Hendershott turned this negative comment into a newfound source of motivation "I knew that I could succeed at anything that I committed myself to. I knew that I just needed to identify some new habits and practice them until I achieved my goals," she added. This strategy paid off, Hendershott later went on to graduate from Ohio State University with a degree in Education and a Bachelors Plus degree in elementary education.

Today, based on this experience Hendershott believes that with some determination anyone can regain control over both emotional and physical challenges in their lives regardless of circumstances. She has now combined her 12 years of expertise she has accumulated as a health and fitness professional with her passion for teaching outside of a "normal" classroom atmosphere. Hendershott has created her own classroom through her Phat Camp Tour, a series of fitness boot camps that she teaches in over 20 cities both nationally and internationally over the course of a weekend each year. In addition she has written a bestselling book called "The Curvelle Lifestyle, 9 Weeks to Slimmer Thighs, Tighter Buttocks, and Sexier Curves".

Throughout the book and presentations, Hendershott provides practical solutions to societies rapidly expanding waistlines and continuously growing health care problems. With this Jen shares the coveted success secrets she believes necessary for a lifetime of health and fitness. Her secrets are then compiled into an easy to follow step by step plan that put into action will yield dramatic results and accelerate the pace at which individuals are able to attain their personal fitness goals. Hendershott's message will both educate and inspire your audience and give them principles that will lead down the path to success not only in their realm of health but transcend across many other areas of their lives.

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What is PHAT camp

The acronym Phat Camp stands for Perseverance, Hardwork, Ambition and Triumph, a magic combination that Jen Hendershott credits to her success and has led her to create her Phat Camp Tour. Now in its 5th year, Phat Camp Kicks off its 2008 Tour with stops in a total of 20 cities throughout United States, Canada and Australia. Drawing on the principles Hendershott teaches in her book "The Curvelle Lifestyle, 9 Weeks to Slimmer Thighs, Tighter Buttocks and Sexier Curves," Hendershott provides women of all shapes, sizes and fitness levels with an additional jumpstart to their fitness goals. In an action packed weekend women from all over the country are completely immersed into the lifestyle of health and fitness she has become a true master of. Each phat camp weekend consists of three components guaranteed to get you to your desired results, fast.

Exercise

Jen and her experienced staff will lead you through a custom designed Get PHAT workout plan. Throughout the weekend participants are armed with an arsenal of new exercises that will easily turn boring workouts into high energy, time efficient workouts that will help move you towards your health and fitness goals faster than you dreamed possible. Designed for women of all shapes and sizes, participants are lead through a series of workout routines that target each major muscle group. Each exercise is taught with adaptations to accommodate participants of all fitness levels from beginner to advanced. Participants also get a full manual with 12 weeks of workouts so that they can go home and get started on the path to greater health.

Education

Next Jen will walk you through her coveted Get PHAT dieting secrets that she has accumulated in her 12 years as fitness professional. Be warned, these are not your typical food pyramid guidelines taught in class these are the eating secrets that get results, leading to a healthier vibrant body and giving you lasting energy to tackle your goals regardless of how big those may be. These are the tricks of the trade that Jen personally uses to help you drop pounds fast, but will allow you to keep them off forever. In addition, Jen covers time management tricks that she swears by that will help you incorporate health and fitness into even the busiest lifestyles.

Empowerment

You will spend a weekend of your time beside Jen and her staff as they motivate you to reclaim control over your mind by helping you identify emotional triggers that may lead to lack of motivation. You will leave the weekend with strategies to overcome challenges and have tools to be able to develop a mindset that will position you for success not only in the areas of your health, but that will cross over into many other aspects of your life.

"I knew that if I could put together a program where women of all shapes and sizes could come together get educated and get motivated on the path to health and fitness that it would make a difference. Not only in their personal lives but the lives of all those around them, making the world a better place one person at a time."

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