

FAB FIT & FROCKED FASHION SHOW

Fashion comes in many shapes and sizes from the fashionable neighborhood of Mission Hills to Fashion Shows around town including Her Majesty's Closet. Now we introduce a fashion show held at Pilate's 1901. A fashion show that celebrates the transformation and mid-life makeover of ten stunning women held Saturday November 10th at Pilates 1901 from 1-3pm. This Fashion Show represents the hard work and dedication of women working for a more fit body.

Enter the Fab 3 Transformation Team

To give women a solid foundation for success Tina Sprinkle started Pilates 1901 in 1999 (under the name Creative Body Balance). Battling her own weight problems for years, Sprinkle found that high intensity training through Pilates and weight training backed by a clean diet of Paleo were the secret ingredients to bring her body, mind and spirit to peak performance.

Now she conducts quarterly bootcamps teaching these principles in a course called Pilates Fat Loss Formula (PFF). To date she's conduct three PFF courses where she's led approximately 150 women through intensive a detailed diet and exercise program backed by classes, workshops, grocery shopping trips, menu prep lessons, and vision boarding.

"I'm committed to getting my peeps in top form by providing all the tools and support they need to succeed," says Sprinkle. The PFFers who truly follow the program lose at least 15% body fat and up to 30 pounds."

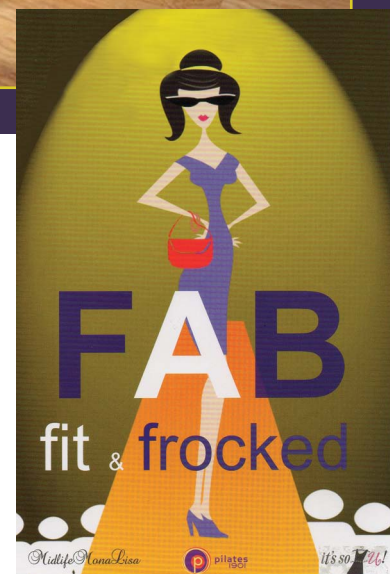
One of Tina's "peeps" connected Tina with Brenda Clevenger, a Kansas City publicist and blogger, who pitched Tina on working together on a climatic end-of-program fashion show. Clevenger's vision was to do a city-wide promotion of the event in order to inspire even more midlife women to reclaim their energy, bodies, self esteem, and sense of confidence and style.

"As a midlife blogger, I wanted to document the three-month progression at MidlifeMonaLisa.com to reinforce



the the cool stories that were unfolding one committed participant at time. These women show up every day and do the work. The results go deeper than fat loss," says Clevenger. "They lose years of negative self talk and that's a priceless, life-changing thing."

Clevenger paid it forward by introducing Sprinkle to Jennifer Niehouse, a Kansas City wardrobe stylist who helps both men and women look their very best at work and at play. "Each decade, inevitably two things change...our life-





(Pictured above L to R) Jennifer Niehouse of It's So You Wardrobe, Tina Sprinkle of Pilates 1901, and Brenda Clevenger of Midlife Mona Lisa join forces to inspire midlife women to get fab, fit and frocked. The 3-month transformational journey recently wrapped up with 50 women celebrating the new them and runway fashion show.

(Pictured right) Kansas City midlife women show up for the first the Metabolism 101 class at Pilates 1901 to start their 3-month diet and fitness transformation.

For more information on Fab Fit & Frocked call 913-499-7510. Visit the ladies on their websites at Pilates1901.com, itssoUwardrobe.com and midlifemonalisa.com.

styles and our bodies. Therefore, as a wardrobe stylist I recommend reevaluating your personal style. Perhaps you've left the corporate world, no longer needing the professional, conservative wardrobe. What are comfortable, stylish everyday looks without appearing slopping or dowdy? Maybe the waistline is not svelte as it used to be. What new fashions flatter your more mature shape, are age appropriate and still cute and/or sexy and attractive?" Niehouse explained.

To carry their support of midlife women being at their best mind, body and spirit, Sprinkle, Clevenger and Niehouse are offering Mission Hill's readers free copies of the following self-help guides they've authored.

- Reinventing Your Looks Like A Legend
- From Stale to Styled
- Top Five Fat Loss Myths

Visit midlifemonalisa.com/lookinggood to request your complimentary copies.



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