

SARA SUTHERLAND

FITNESS



ELECTRONIC PRESS KIT
SEPTEMBER 2020

introduction

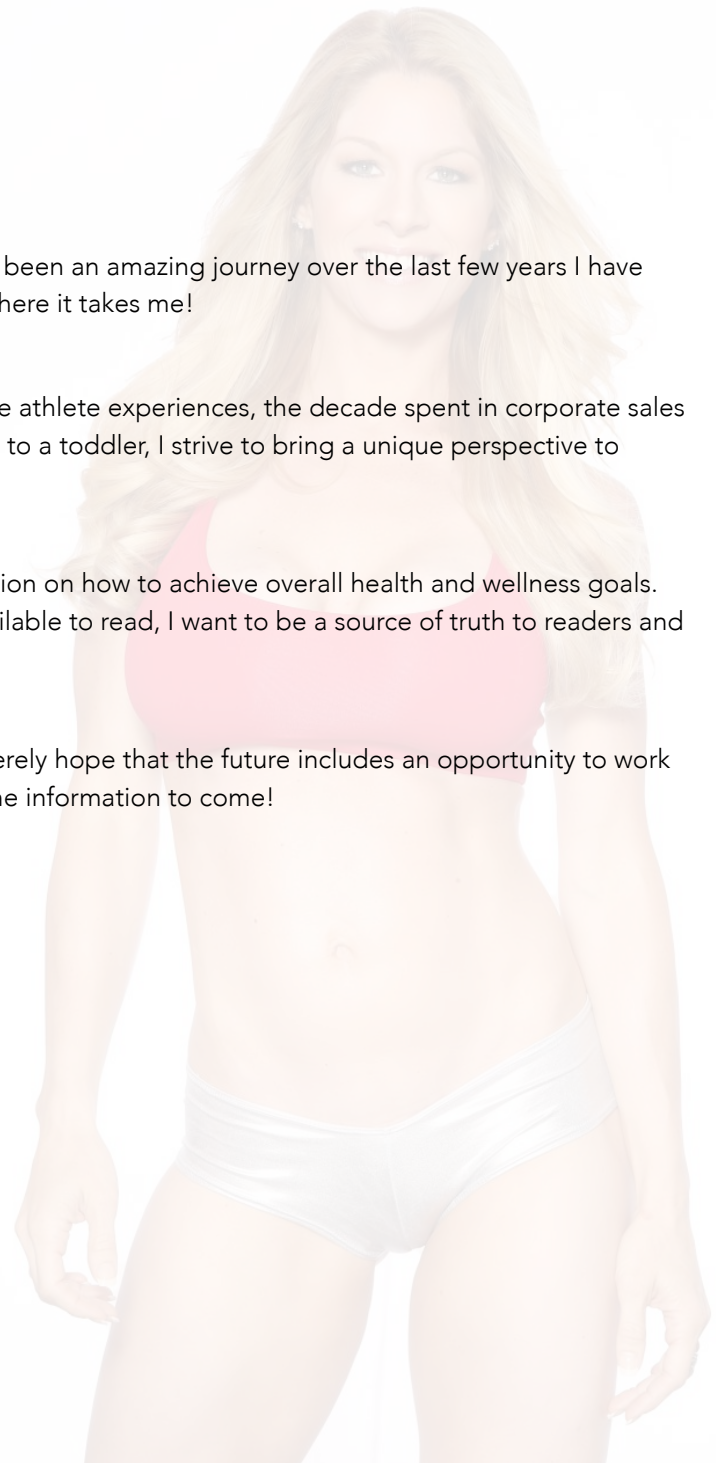
Thank you for taking the time to learn more about me! It has been an amazing journey over the last few years I have started in the health and fitness world. I cannot wait to see where it takes me!

Pulling from my humble roots in rural Nebraska, my collegiate athlete experiences, the decade spent in corporate sales and management, a master's degree in business, and a mom to a toddler, I strive to bring a unique perspective to fitness, writing, nutrition and modeling.

My mission is to share, research and provide correct information on how to achieve overall health and wellness goals. With an overwhelming amount of conflicting information available to read, I want to be a source of truth to readers and clients!

At 39, I believe that my best years are yet to come and I sincerely hope that the future includes an opportunity to work with you! Thank you again for taking the time to view all of the information to come!

Have an amazing day!



SARA SUTHERLAND

PROFESSIONAL CREDENTIALS



STRONGFIRST



ProCoach



SARA SUTHERLAND

AS FEATURED IN

ProactiveHealth
MAGAZINE

NM
NATURAL MUSCLE
MAGAZINE

FABLETICS

INSIDE
FITNESS

oxygen
WOMEN'S FITNESS

SHAPE

FITNESS
GURLS

REDEFINING FITNESS IN YOUR 40s, 50s, AND BEYOND
D'FYNE
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MAGAZINE

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STATUS

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MAGAZINE.COM May/June 2016

Fitness Sara Sutherland

Talks Training & Transformations

Fit Moms Transformations, Workouts, And Diets

Get Your Body Back

How To's 10 Tips For Eating & Feeling Better

Let Your Gut Be
Your Guide

Supplement Reviews Ashwagandha Creatine

What's In Your
Workout?

Photo Credit: Noel Daganta Photography



INSPIRATION • MOTIVATION • TRANSFORMATION

HITO FIT

FALL
FITNESS
TIPS

GYM HAIR
DON'T CARE

BLAST FAT
NOW
FULL BODY
CURL BAR ROUTINE

BURN MORE
CALORIES
IN LESS TIME
WITH HIIT

FABULOUS FIT MOM
TRANSFORMATIONS

VOLUME 2
SEPTEMBER 2015

Models of the Month

What a difference a year makes!
Two Pretty Ladies!



Sara & Elle Sutherland
703-450-1658 www.jwathertonimages.com ateam@patriot.net



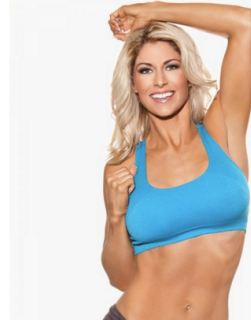
SHAPE

Celebrities / Star Trainers

The 50 Hottest Female Trainers in America 2014

We found your new fitness muse, now you tell us which strong, fit woman is your favorite

Sara Sutherland



33, personal trainer, yoga instructor, Kansas City, MO

Fitness philosophy: Work hard and lift heavy! There are 168 hours in every week. The time you spend in the gym is a very small percentage of your overall day (5 percent), so focusing on proper nutrition and sleep as well as managing stress are all key components to your overall health. Every hour matters.

Pushups before exhaustion: 41

Best race time: 2:21 half marathon

Working out with your guy: Bad idea! I turn everything into a competition with my husband. We are better off going to the gym separately.

Favorite post-workout snack: Protein shake and a Brown Sugar Cinnamon Pop-Tart

Celebrity crush: Peyton Manning

Relationship status: Married

Follow: @SaraSutherland

To learn more: sarasutherland.me

Transformation

Before

MUM ON A MISSION

AFTER TRANSFORMING HERSELF AND STEPPING ON STAGE, SARA SUTHERLAND FELL PREGNANT AND EXPERIENCED THE UPS AND DOWNS OF PREGNANCY. ONCE HER BUNDLE OF JOY WAS BORN, SHE TRANSFORMED HER BODY ALL OVER AGAIN AND STEPPED ON STAGE TO CELEBRATE HER ACHIEVEMENT!

BY SARA SUTHERLAND

FAST FACTS

Name: Sara Sutherland
City: Overland Park, Kansas, USA
Occupation: Mother

Age: 34
Height: 178cm
Weight: 68kg

FITNESS HAS BECOME A HUGE PART OF MY LIFE OVER THE PAST FEW YEARS. BEING A FORMER HIGH SCHOOL AND COLLEGIATE ATHLETE, I HAD ALWAYS BEEN ACTIVE AND WAS USED TO BEING ABLE TO EAT ANYTHING I WANTED.

Then all of a sudden, as a 30-year-old newlywed with a 'big kid' job that required travelling 80 to 100 per cent of the working week, it became increasingly more challenging to find time to fit 'me' into each day! I ate almost every meal on the go, and although I did my best to stay active, I slowly found myself starting to slip away!

I tried every diet in the book, signed up for half marathons and other road races to give myself goals, but it really did not seem to make a difference. About a year before my wedding, my soon-to-be husband and I started to watch what we were eating, making more meals at home and going to the gym together.

By the time our big day came, we both felt happy with all of the progress we'd made in our health. After the wedding, we started to feel comfortable and almost went back to old ways! It started to feel like the beginning of the end, and I did not want that to happen!

After seeing a friend who'd just had her second baby post 'before' and 'after' photos from an online program she did, I immediately inquired about the same program. About a week later, I purchased

My best advice to all new mothers out there is not to be too hard on yourself. Just do a little something physical every day, and all of those little somethings eventually add up.

a program too and was about to truly learn how proper nutrition affects training—and ultimately your physique!

I had not spent time in a weights room since I was a collegiate athlete, so getting back into strength training was a lot harder than I thought. However, I became addicted and was excited with all of the changes I was seeing physically, mentally and emotionally. It even inspired me to take to the stage for a few fitness competitions!

It soon became time that we were ready to start a family. Excitement built from for the day we learnt we were expecting. From the first ultrasound to hearing the heartbeat, everything eventually started to sink in that we had a baby on the way!

Even with all of the happiness, it was really hard to accept the changes that were coming. I struggled after working so hard to get to where I was!

The number on the scale started to increase, the body I had spent years working on had new curves, my appetite changed so that the foods I'd been living on all of a sudden made me want to lose my lunch, and exhaustion stole all of the energy that I needed to stay on my workout schedule. Needless to say, life as I knew it was already a thing of the past!

However, I knew that these next few months were not about me, but rather about the miracle that I was creating, and I wanted to do everything I could for a healthy pregnancy. I continued training as much as I could throughout my pregnancy, but scaled way down from what I had been doing.

Stealing our hearts from the day she arrived, Elle joined our family in August 2014. The first several weeks were a complete blur, with little time to eat my own meals, and doctor's orders prevented physical activity for six weeks. For as hard as it was, I accepted that my body needed time to heal, and I waited for the right time to get back at it. Medical clearance came at the perfect time as I was just itching to start the journey to get my body back.

First plan of action: clean up what I was eating! Although I was not fully ready to go back to measuring all of my meals, I started with making better food choices and getting back to whole, nutrient-dense foods.

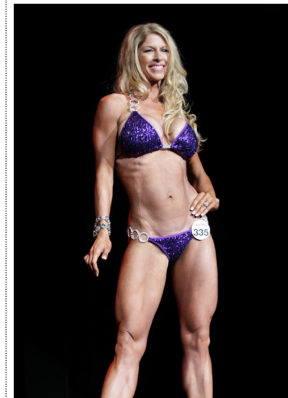
Finding time to sneak away to the gym was still somewhat challenging, so my first workouts started at home—mainly bodyweight exercises and some upper body movements with dumbbells. Lunges and side squats came in really handy when putting Elle to sleep!

Eventually, I started to work in two to three gym workouts per week that were about 30 minutes in length. Even though this was nothing close to the six to seven days a week I had done consistently pre-pregnancy, it was enough to get me moving again.

At four months postpartum, my scale weight and body fat percentage were almost exactly what they were when I found out I was pregnant. However, my body looked completely different!

Even though the numbers were where I wanted them to be, it was still really hard to look in the mirror some days. All I could do was focus on doing the right things, as much as I could, and over time the results

Transformation



of taking care of my internal health started to show on the outside.

When January 2015 rolled around, with the guidance of my trainer, Dana Chaloux-LaCerte, it was time to get serious and focused by measuring food and committing to more workouts to achieve my goal of stepping back on stage for my first fitness competition after baby.

I specifically chose to step on stage exactly 41 weeks and five days after delivery, since I carried my daughter for 41 weeks. This timeframe was significant to prove to myself that I would be able to get my body back after baby in the same amount of time that it took for the pregnancy!

Stepping back on stage was such a rush of emotions—pride, excitement and a sense

of accomplishment all wrapped up into one! I found a way to take care of my baby and family and do what it took to get ready for the show. We really can achieve anything that we set our minds to!

Every day is a new day ... and fitness is a journey. As with anything, when I have a bad day, I just realise that the sun will come up again tomorrow and I will have new opportunities to be better.

My best advice to all new mothers out there is not to be too hard on yourself. Just do a little something physical every day, and all of those little somethings eventually add up.

It is possible to get your body back, and this body will actually be a better version of you than you could have ever imagined! •



After

Same 41 weeks and five days after having her baby.



FRESH START: As a student, Sara Sutherland was very active, participating in track and field, softball, volleyball and basketball. But fitness fell by the wayside when she graduated from Northwest Missouri State University and started working. "When I met my husband, Dane, we both lived this crazy lifestyle of traveling for work and dining out all the time," she says. After they were married and Sutherland got back from their honeymoon, she was ready for a change. "I started working with Diana Chaloux-LaCerte to live a healthier and fitter lifestyle," Sutherland says. The change was so rewarding that she switched careers. "I left the corporate world to become a personal trainer so I can help transform others," she says.

SWEAT EVERY DAY: Sutherland's advice is to get up and move. "There is so much debate about the best time of day to work out, when to do cardio vs. strength training, and so on. Forget about all of it and just do it!" she says. "Even if it starts out as just 10 minutes a day."

HEAVY LIFTING: "I love lifting heavy," Sutherland says. "I think some of that goes back to my days throwing shot put. My personal fitness philosophy is to work hard and lift heavy." Now the mother of a toddler, Sutherland has found an effective way to make more time in the day: "We got rid of cable TV," she says. For family time, she enjoys walks with her husband and daughter.

SARA SUTHERLAND
Overland Park, Kansas
Gig: Personal trainer

THE STUNNING SARA SUTHERLAND

THE STUNNING SARA SUTHERLAND first began competing with the WBFF in 2012. This girl is beautiful both inside and out in pursuit of her WBFF Pro status, she continues to bring a better package each time she sets foot on stage. Be watching for her this year!

Hi Sara! You first began competing with the WBFF in 2012 and it seems you've become addicted to the stage! Tell us a little bit about yourself, where you're from, how you became involved in the fitness industry, and what your journey has been like so far.

Born and raised in a small rural town in Nebraska, I moved away for the first time in my life to college and then migrated to Kansas City after graduation. Sports have been a huge part of my life from a very early age, and after starting in the corporate world in my early 20s, it became harder and harder to stay involved in the activities I loved the most, after saving a college roommate from her life with Hirsch Fit, my competitive fitness journey began. I was determined to change my life and my fitness industry has given me the outlet that I thought I had lost when from sports became a part of my past and has created a future that I wake up every day very excited about!

You underwent an impressive transformation for your first competition, what did it feel like to step up there and achieve that goal of competing?

It was amazing! Seeing all of the hard work come through to create a moment, after months of myself was very rewarding. Even before stepping on stage, I

When my transformation story was shared, it was amazing to see how many people started asking me about what I did for months, people told me "you don't need to lose weight" and I tried explaining that it's more about body composition, proper training and making healthier nutrition choices. I really felt home when people could see the photos side by side. The male was determined to change the myth of what women and fat doing! He has been training others for years and it's very rewarding watching clients change their bodies and feeling like a different and good friend, so the best part about the whole process is creating a better place for each individual that puts them on the path to accomplish whatever it is they put their mind to feeling that self-empowerment come through in exciting ways.

It was something I was going to want to do more than just myself.

To the time that I've known you, I've seen you grow in really positive ways. You have not only transformed your own body and fit, you have become a trainer for Hirsch Fit and are out there inspiring others to do the same for themselves! What do you see in the decision that the world of fitness was the place you wanted to go? What's the best part about being able to help others now achieve their dreams and goals?

"MORE AND MORE PEOPLE ARE GETTING INTO FITNESS AND LOOKING AFTER THEMSELVES EACH YEAR. THE FITNESS INDUSTRY IS NOT SO HARSH NOW AND WOMEN LOOK MORE FEMININE THAN THE RULES USED TO DICTATE. THE INDUSTRY IS MORE VERSATILE AND OPEN TO SOMETHING NEW AND DIFFERENT; MORE OPEN MINDED AND MORE FUN."



Who is Sara really? Who are you most passionate about in life?

family and friends are the best things in life! Every day that I wake up I'm blessed for everyone around me. In addition to those being passion, do still love team sports, especially major football, college football, basketball and volleyball. You will always find me cheering for the Kansas City Chiefs, Kansas City Royals and the Kansas City Chiefs. I love watching them win and going to games is also a big part of my life, and of course, friends are pretty awesome too, specifically my friends who are into fitness.

Who are an incredible family support system, your husband Dean and you only supports you competing but also a WBFF athlete himself! All a little about the dynamics of competition right in your household. How would it be to have her support of the hobby like that?

It's the best! If my husband (I'm going to call him that) had decided to compete and he was really good about not eating from it and if he had decided to compete, eating he would have made me so much more to cook and eat healthy food. However, when I eat that, my husband, we do have a rule to just stop eating.

What are your greatest inspirations in fitness and in life?

Hands down, my greatest fitness inspirations are you and Mimi! Especially now that I have had the opportunity to get to know you both at a personal level, your passion for fitness and helping others is very contagious in life. My parents are amazing and I can only hope that someday I have the opportunity to raise my family like they raised you. They work hard, set firm rules for the household and had high expectations of all three of us kids. There's nothing I would change about my childhood, even the times I got in trouble for being home passed curfew.

You're a parent of a WBFF Pro child. What are your plans for the future as far as achieving the goal?

Build a little more muscle, specifically in my thighs, hamstrings and core while maintaining everything else! I have also been a little too busy with my diet since I started and want to go up for a missing workout, especially in the winter, but you just have to do it! It's really fun to watch changes and I really try my best to continue shaping the areas that I want to improve.

What are your goals and aspirations, both within the fitness industry and in life in general?

Over the past year, I have had the opportunity to shoot with some amazing photographers and am actively working to submit images to publications to create some exposure in the industry. It's been a journey so far and I still have to keep it going! In life, we would like to start a family and are excited that we have established a healthier lifestyle now to build a better future with our children some day! And I will watch a game every MLB stadium!



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INSIDE FITNESS NATION

NEWS AND VIEWS FROM THE WORLD OF COMPETITIVE ATHLETES



100 DAYS TO GLORY
Photo by Michael Buckner

In the fall of 2015, Brittany walked away from her job and started a fitness business. She was inspired by the success of other fitness influencers and wanted to create a community of like-minded individuals. She started by posting her own workouts on social media and soon gained a following. She then launched her fitness studio and has been thriving ever since.

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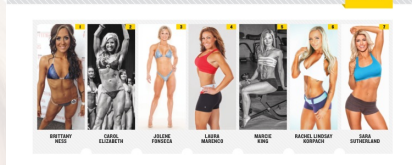
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welcome to my world



41 Natural Woman Magazine August 2014

Sara Sutherland

SARA SUTHERLAND
hometown: Aurora, Nebraska
training location: Hirsch Fit Gym, Kansas City, Mo

Describe yourself in four words: Passionate, Loyal, Competitive, Happy

How did you end up in the fitness industry? In 2011, my own journey started to become healthier with my eating habits and established a more consistent routine with workouts. Going through my personal transformation inspired me to share my experience with others, so I became a certified personal trainer to help the opportunity to work with others that are seeking to improve their own health!

Favorite part about working in the fitness industry? The people! Every person and every story is so unique. It makes each and every day an amazing opportunity to teach others the tools they need to accomplish their goals. It's very rewarding watching people go through the changes both mentally and physically. I would not trade it for anything!

Favorite Workout: Leg day! Specifically hamstrings and glutes.



Cover Story

By Bob Andersen

Sara Sutherland

Personal Trainer & Fit Mom

For Sara Sutherland, fitness is not a destination - its a way of life! Sara, who was a Collegiate athlete turned business woman for over a decade in Corporate America, found a revived love for health and fitness. In May 2012, She took her love of health and fitness to the competition level by competing in tournaments. Sara placed well in several competitions with Top 10 and Top 5 wins in both Diva Bikini and Diva Fitness model with the WBFF between 2012 - 2015.

"During my competition journey, I decided that I wanted to share my new fit lifestyle with others!" Sara says. She became an ACE Certified Personal Trainer and later added Sports Conditioning Specialist certificate. Started on board with Hitch Fit Gym as a Transformation Coach to work with clients through personal training sessions and nutrition guidance. Most recently completed POUND instructor training and also Level 2 certification with Precision Nutrition to take my coaching to the next level.

Sara's final competition was exactly 9.5 months after giving birth to Elle, a beautiful little girl! Sara grew up in rural Nebraska and is currently living in the suburbs of Kansas City, and is very happily married to Dane, and a mother to Elle.



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JUNE 2016 ■ PAGE 31

Jaw Dropping! 80 Lb Post Pregnancy Weight Loss!

Sara Sutherland's Inspiring Transformation!



Throughout my pregnancy, I did my best to do workouts when I could and ate the best that I could, but let's be honest... I was far from perfect! Chicken, veggies and protein shakes were the last thing that I craved, which I took that as a sign that my body was rejecting the foods I had been eating so much of!

After our little girl arrived, I was anxious to get back at it. Since I had a c-section, it was 6 weeks without gym time and I had to focus on what I did have control over... what I was eating! I started with a few rules:

1. Eat whole foods as much as possible
2. The baby eats = you eat. This keeps you on a 2-3 hour schedule during the day.
3. Drink 1 gallon of water every single day

Although they are simple, definitely not easy with a newborn but so very important when it comes to taking care of yourself after baby. The laundry, the dishes, and other household tasks can wait! Then, once I received medical clearance to get back to working out, I started with only 2-3 workouts per week for about 30 minutes each. Nothing too strenuous, just listening to my body and doing what I FELT like doing so I would enjoy it!

Flash forward a few months to January 2015, when it became time to start prepping for my return to fitness competitions. I specifically picked the WBFF show in Kansas City for a few reasons: It was where it all began for me in 2012 as the first show that I competed in AND it marked a very specific time milestone.

My pregnancy went to 41 weeks and the show was 41 weeks and 3 days from her birthday. I figured if it took 9.5 months to make a child, it could take me 9.5 months to get my body back!

Sara kept up with her training throughout her pregnancy, check out her pregnancy workout tips featured on KCTV's Better Kansas City show.



The journey is never easy, but it is ALWAYS worth it!

The best words of wisdom that I can share from my experience are:

1. Do the best you can every day, even if it isn't perfect
2. Do not be too hard on yourself
3. Do not blame your kids! You can absolutely take care of yourself and take care of them!
4. If you have an established workout routine prior to pregnancy, keep doing what you are doing and listen to your body when it may be time to pull back. Discuss with your medical provider and do what is best for you. I was able to continue heavy strength training until 2 weeks before delivery since that is what my body was used to. I would have went longer, but Al Elliott was getting a little scared during my 40th ses on the leg press :)
5. Do not wait until after kids to start taking care of your own health! Start now! However, if you are not an established routine prior to pregnancy, do not start something drastically new once you become pregnant. Walking is a great way to still be active without too strenuous.
6. If you do breastfeed, BE SURE TO EAT ALL OF YOUR MEALS AND DRINK YOUR WATER! It is not only helpful to keep your supply level where it needs to be, but it also helps ensure you support your metabolic needs to keep you going and fuel your body to produce the milk. It is absolutely possible to build lean muscle, lose the fat and keep your milk supply where it needs to be for baby!
7. Involve your little one! If you are unable to make it out to the gym, they can be the little extra weight you need to get a really good workout in at home!

Sara's Stats:

Highest Weight During Pregnancy: 230
Weight December 2014: 180
Competition weight May 2015: 143.6
December 2014 body fat: 22%
Ending body fat: 9%



Sara & Daughter Ella, Photo by Sarah Lyons of Pictaregrooves

Sara Sutherland is a Hitch Fit Transformation Trainer at the Overland Park location. Contact her for training at suthe@hitchfit.com
Check out her trainer profile here: <http://hitchfitgym.com/trainers/overland-park-fitness-training-sara-sutherland/>

The past 10 months have been the most amazing journey of my life to date! In August 2014, we welcomed our first child into the world and she has rocked our world in the best way possible! And here is how it all began...

In November 2011, Hitch Fit became a part of my life in when I purchased my first online program with Diana. After my first transformation, I went on to compete in a fitness competitions as well as get certified as a personal trainer to have the amazing opportunity to work with others as a Hitch Fit transformer! When the time came to start our family, I had moments of fear and nervousness as I wondered if I would ever get my body back after baby. After all, I had just spend 2 years consistently in the gym, weighing my food and seeing the changes of my hard work show on the outside.

Even with all of these emotions, I KNEW that I was on the right track starting my fitness journey before having kids because it was going to be easier to get back at it after the baby arrived.



Just like my first transformation and all of my previous competition prep, Diana was the only person in the world that I wanted to have tell me how to get to my goal. She is the best coach, trainer, friend, and mentor that I could ever hope for... and most importantly, the thought of disappointing her tore me up more inside than if I just had to report to myself! Trading that person that makes you more accountable is SO important!

This transformation was going to be different than ones before baby. There were new and different variables in the picture now that definitely changed our approach. First, we started extra early with a 5-month window versus the average of 2- to 6-weeks. Second, my schedule during the day evolved around an infant and not just myself, so finding time to make sure I was prepping food and getting workouts in was a little challenging! Third, my body was expending an extra 600-1000 calories every day by breastfeeding, so keeping an eye on that as I was cutting fat was super important!

The time flew by and show day had arrived. After 2 years in the making, it was finally time to reveal the "new" me! It is still crazy to see all of the photos side-by-side, realize how amazing the human body really is and know that I had complete control over how it was going to look on stage! I am in the best shape of my life, and I owe it all to Diana and Hitch Fit. I will forever grateful for my experiences as a client and as one of their trainers!



Sara was AMAZING on stage at the WBFF Kansas City 2015! Photos by David Hickley

Sara's Post Pregnancy At Home Workout

Complete 3 sets of 10-15 repetitions per exercise.



TRAVELING FIT! Tips by Sara Sutherland

Baby Food!

That is right... I said it! Baby food. Believe it or not, it is a great food source for travelers. The texture is admittedly weird, however it is easy, ready to eat and does not have a bunch of harmful additives included! The vegetables such as sweet potatoes are my favorite, while ones that start including meats can be a little questionable for my taste but it is all personal preference!

From experience, I would recommend purchasing the brands that are in pouches versus jars if you will be traveling by airplane. TSA tends to flag jars of baby food, especially when you are not traveling with a little one! and you are typically sitting yourself up for an additional screening and search. Not fun! Jars in your purse can also run risk of breaking if you just keep a few handy for day to day use, so I'd probably just recommend the pouches regardless!



Sara Sutherland is a Hitch Fit Transformation Trainer at the Overland Park location. Contact her for training at suthe@hitchfit.com

Why should you drink WATER? 7 Benefits for your Health! by Sara Sutherland

Water. H2O. Hydrogen molecule... what ever you want to call it, it is an important part of your daily life! Not only for consumption, cleanliness and fun in the rain, it's also an integral part of your internal health as well. "Water in your blood and other bodily fluids works to:

- 1) Transport nutrients, messages from hormones and move along waste.
- 2) Dissolve to work as a solvent.
- 3) Cleans by flushing through and filtering organs to remove toxins from our bodies.
- 4) Reacts with most of the body's chemical reactions.
- 5) Acts as a shock absorber for your joints.
- 6) Lubricates and maintains our body.
- 7) Regulate your temperature through sweat.

But why do you always hear that you need to drink more water? And how does it impact weight loss? Well, when you drink at least one cup of water before each major meal of the day, it will help you feel fuller, so you will eat less. It is also ZERO calories, so when it replaces other drinks such as juice, soda pop, and anything else with calories, you will also create a calorie deficit just by making the substitution. There are also some reports that water may even increase metabolism as your body has to expend more calories to bring your body back into balance!

From personal experience, just a few things I notice when I drink at least a gallon (zilt-o!) a day:

- 1) Drinking more water also requires additional trips to the restroom each day, which equals more activity and more steps throughout the day! Then making a trip to the kitchen sink or water cooler to fill up again also requires more steps!
- 2) It helps me stay on my eating schedule and keeps away any feelings of being "hungry" (angry because of... being hungry!)
- 3) During pregnancy, drink drink drink water! For me, I swear it helped keep stretch marks away because I was staying hydrated from the inside out. It is difficult when the baby is sitting on your bladder and you feel like you have to go all of the time, but it is worth it to keep drinking!
- 4) It helps my skin feel fuller and appear young by keeping fine lines away.

So, drink your water! Your body will love you for it from the inside out!

*Article citation credit: <http://www.precision>

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TRAVELING FIT! Tips by Sara Sutherland

What to Order at Applebee's

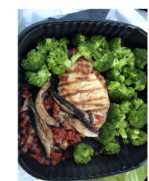
There are days where I like to find the little hole-in-the-wall local place. It gives you the opportunity to try local favorites and menus, however when you are watching what you are eating these places lack one thing... consistency. Chain restaurants fill that exact need, and when traveling alone I really do not need a long drawn out dining experience. I need quick, easy, and most importantly something that is predictable.

Applebee's was my top pick for lunch today. It is a great place to eat clean and leave full. Their Grilled Dijon Chicken & Portobello on the Under 550 Calories menu is my top pick. However, with 470 calories, 16 grams of fat, 30 grams of carbs and 55 grams of protein, it calls for some modifications... especially since I am in the middle of day cycling to prep for a local fitness competition and today is a "low" day.

As the waitress comes to take the order, I always smile knowing I'm about to give them an easy way worth of directions for my meal. So far, every employee at Applebee's that I have encountered has been fantastic AND my order has been right! That is a pretty impressive in and of itself. I continue with telling her my selections, and it goes something like this...

"I'd like the Grilled Dijon Chicken & Portobello, please with a few modifications (smile). Very plainly grilled chicken breast with no butter or oil. They usually just use Pam anyway because of their partnership with Weight Watchers, but I always like to confirm!), without the Dijon sauce or white cheddar sauce, keep all of the veggies. Then for the side, no potatoes and double the plain steamed broccoli."

Now the nutritional facts look more like 200 calories, 32 grams of protein, 17 grams of carbs and 1 gram of fat! After about a 10-15 minute wait, the meal is served and is perfect every time (thus far!). It is very exciting to have Applebee's as an option not only to dine in, but their Consider Us In is fantastic to sit at alone and just stop by for a great meal instead of driving through McDonald's. I'm lovin' it!



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Check out her trainer profile here: <http://hitchfitgym.com/trainers/overland-park-fitness-training-sara-sutherland/>

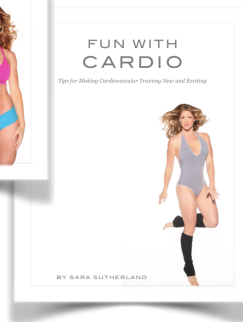
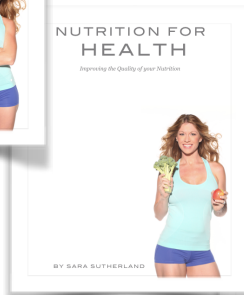
Hitch Fit Gym was a proud host site for the Girls Gone Strong Summit in August. Check out pix from on-site workshops - Transformer Sara Sutherland took part in all the weekend events!



HEALTHY HABITS CHALLENGE

10 Weekly Habits Towards Better Health

BY SARA SUTHERLAND





Many adults sleep less than the recommended nightly snooze times. Stress and other work/life demands challenge our natural wake/sleep cycles. Having adequate nightly sleep not only helps regulate our bodies, but it also provides us with recovery that we need to be ready for the next day. It also has a positive effect on our hormone cycles.

The standard recommendation is 7-9 hours of sleep each night. Think you are getting that much EVERY night? Start a sleep diary noting the time at which you officially turn off the light and then when you wake in the morning. You may or may not be surprised if your perception of how much sleep is actually your reality!

- Stop screen time at least an hour before bed. Shut the TVs off, phones down.
- Start a bedtime routine. Just like you had as a kid, to help wind down.
- Limit or even eliminate caffeine/stimulants after 2pm. Or even sooner if you can!
- Turn down the temperature! Sleeping in a cooler room always helps your body prepare for sleep.
- Increase activity level during the day. If your body has been moving more while it is awake, it will need more time for recovery.
- Take deep breaths. Slow and for long counts both in and out for an increased level of relaxation.

Consistently getting the sleep you need? Congratulations! That is awesome and in our stressful world can be really challenging, so kudos to you on making this important part of your routine a priority!

TRAINING

Efficiency VS Longevity: How to make the most of your gym time!

MARCH 28, 2016

The days of having to spend hours at the gym are over. You can accomplish the same workout in a much shorter amount of time by considering these tips on how to be more efficient.



It's important to pencil in time to work on your physique and health, whether it be at the gym, studio, or outdoor bike path. So to make sure you're getting the most out of your time, ask yourself the following questions: What are your current habits? How do you organize your workout? What intensity level do you get to? Do you spend time on cardio, strength training, or a combination of both? Do you superset your exercises or do one at a time? Do you choose exercises that are in the same general area at the gym or do you walk to different areas? Where is the water fountain located? How long do you rest for? Do you have your phone near you? Do you feel the need to have to

DEBUNKING FITNESS MYTHS



BURN RIGHT

Higher intensity exercise burns more calories in a shorter amount of time. Fat loss boils down to calories in versus calories spent, all while supporting your lean muscle mass. When your heart rate is higher, workouts such as HIIT create a metabolic disturbance that provides you with an afterburn effect where your body will continue to burn calories after exercise has stopped. There are also studies that show the burning of stored fat is increased due to high intensity exercise. A better rule of thumb for your heart rate.... listen to your body, and if you have more to give, then go for it! Break a sweat!

Sara Sutherland, [Fabletics Master](#)



SARA SUTHERLAND

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INCREASES CALORIC EXPENDITURE

testimonials

"I am on a get fit / be well journey and Sara trains and coaches me to assure I am pushing myself properly and reaching my goals. I am very new to strength training and have a lot to learn. She is a kind woman with a flexible schedule and tenacious spirit. She has me doing things I didn't think I was capable of accomplishing and pushes me in a positive way. That's the ultimate endorsement. Oh - and I am a 57 year old grandmother :) #noexcuses" ~Sherry B.

"The Monday before Thanksgiving I committed to Sara. I was excited. I was ready. I saw her 3 days a week and never had a bad work out. She pushed me further than I ever thought was capable. She encouraged me. At first I thought I would only commit for 16 weeks. I couldn't stay away. I was addicted to Hitch Fit. It was never easy. Of course, I still had those days that got me down, I didn't feel like doing anything, I was sad. Sara became not only my personal trainer, but my therapist, and more importantly a very dear friend." ~Ashley P.

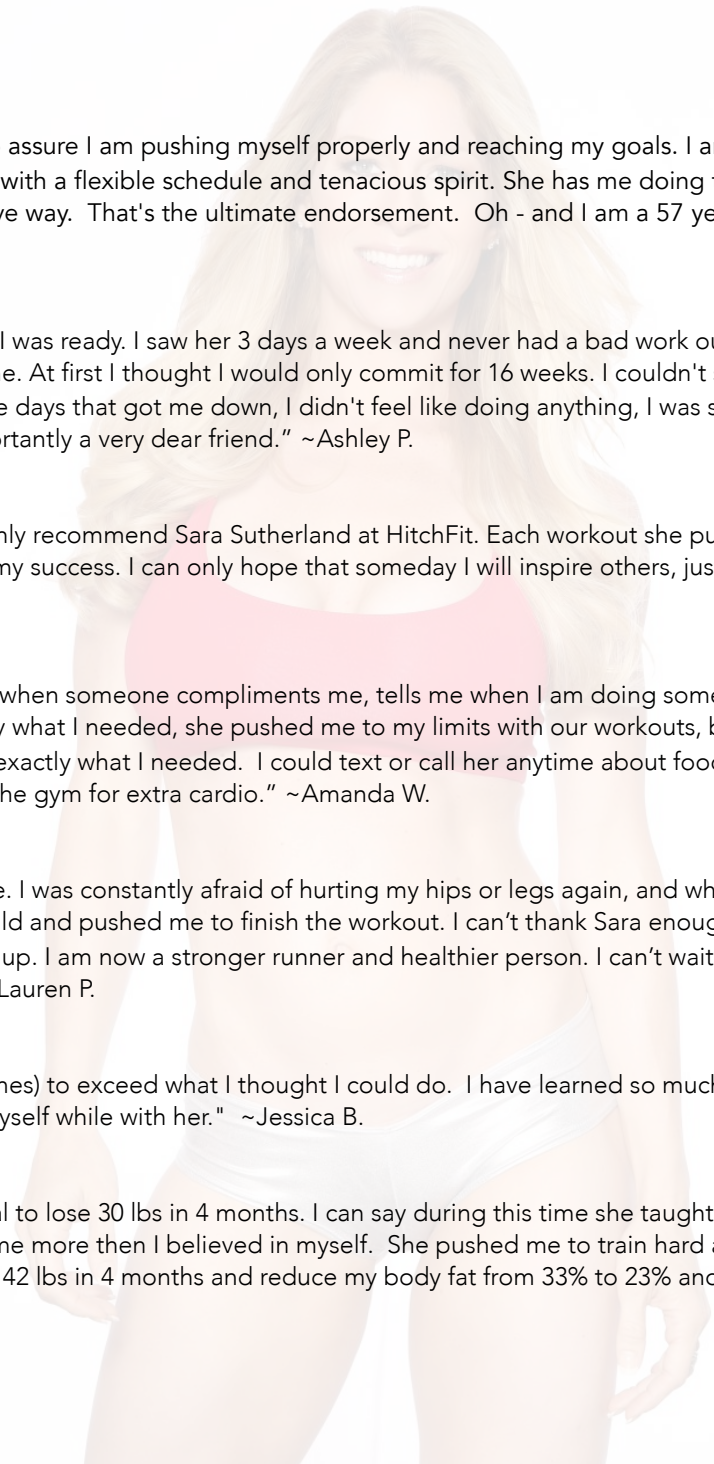
"If you are looking to transform your body and a lifestyle change, I highly recommend Sara Sutherland at HitchFit. Each workout she pushed me to my limits (and then some!) and her motivation was a crucial part of my success. I can only hope that someday I will inspire others, just as she has inspired me!" ~Ashley E.

"Sara was the perfect trainer for Abbie and I. For me I feel I do better when someone compliments me, tells me when I am doing something well! Sara was always positive, never ever negative!!! She was exactly what I needed, she pushed me to my limits with our workouts, but always motivated and encouraged me to get through them...which is exactly what I needed. I could text or call her anytime about food choices or advice on certain things. We even worked out together outside of the gym for extra cardio." ~Amanda W.

"Sara was great to work with. She was always encouraging and positive. I was constantly afraid of hurting my hips or legs again, and when I thought I could not do something, Sara always reminded me that I could and pushed me to finish the workout. I can't thank Sara enough for helping me and working with me even when, at times, I wanted to give up. I am now a stronger runner and healthier person. I can't wait to run my next half marathon and blow my previous time out of the water." ~Lauren P.

"I can't thank Sara enough for helping me (and really pushing, sometimes) to exceed what I thought I could do. I have learned so much from her and I know I will continue to build off of what I discovered about myself while with her." ~Jessica B.

"I felt very comfortable with her since the first moment. We set my goal to lose 30 lbs in 4 months. I can say during this time she taught me a lot about how to train, how to eat healthy but most of all she believed in me more than I believed in myself. She pushed me to train hard and she ignore my complaining, which I'm a big complainer. It paid off... I lost 42 lbs in 4 months and reduce my body fat from 33% to 23% and that was beyond my expectations." ~Meir H.



SARA SUTHERLAND

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