



*A Message From Coach Stephanie*

*Stephanie Atwood, M.A. NASM, RRCA, USATF Coach and Trainer*

## Why WOW?

While I often get caught up in **WHAT** the WOW Team is doing, I need to remind myself **WHY** I started the **WOW Team** and share **WHY** you should be a part of it.

The Wow Team is **not really about running or walking**. Those are **WHAT** we do. WOW is about Fitness - **Lifelong Fitness; Women's Fitness; Shared Fitness**. Lifelong fitness for women, with all the residual benefits, is **WHY WOW Exists**.

**Why does fitness matter?** We could make that word wellness, or good health, or even contented living. If we don't have this element in our lives, it is very difficult to live with satisfaction. If we ignore the opportunity to make fitness a regular part of our lives, we are omitting an essential component of a quality life.

**WOW and Ask Coach Stephanie are here for you** and each woman who asks the other questions: Who, what, where, when, and how can fitness be a part of my life? WOW offers solutions to those questions. As a member of the WOW Team and Ask Coach Stephanie you have access to all the components needed to succeed with a fit lifestyle. The complete program includes:

- Professional Coaching
- Peer Support
- Neighborhood Workouts
- Realistic Goal Setting
- Education – How to
- Inspiration
- Giving Back

**YOU are WHY WOW Exists!** So come on out and start living fit with the WOW Team and Ask Coach Stephanie! If lifelong fitness is important to you, and you want to include running or walking in that plan, this is **WHY WOW** is here.

To Fitness, Friends, and Fun! - Coach Stephanie

**Included Pages** - Survey, Welcome, Coach Bio

Go WOW Team! – Fit Women of the World and Ask Coach Stephanie  
Are part of ALTB International, Inc., Oakland, CA

<http://gowowteam.com> and <http://AskAboutRunning.com> Contact [Go@gowowteam.com](mailto:Go@gowowteam.com) or call 415 682-8819



**Fit Women of the World Run, Walk, Workout with Us**  
**Take the WOW Team Fitness Survey so we can learn more about you. Thank you!**

*Please take our fitness survey. When you return this to our office, we will call you back for a free 15 minute fitness consultation. Coach Stephanie Atwood is a certified long distance running coach thru Road Runners Club of America and USATF with additional certifications as a personal trainer*

*and sports nutrition consultant. The WOW Team and Ask Coach Stephanie are Stephanie's long range dream to bring fitness to all women, at all stages of life, in all locations throughout the world. Welcome to the WOW Team!*

- How many days a week do you exercise (participate in activity that raises your heart rate?)  
\_\_\_None    \_\_\_1 – 2    \_\_\_3 – 4    \_\_\_ 5 or more
- What is the amount of time you spend when you exercise?  
\_\_\_ Less than 30 minutes    \_\_\_30 minutes to 1 hour    \_\_\_1 hour or more
- Are you motivated to workout on your own? Yes/No Do you make excuses why you can't exercise regularly? Yes/No
- Are you currently training for or planning to train for a race? Yes/No If yes, what distance?
- Are you aware of what makes a healthy diet and eat to compliment your fitness program?  
Yes/No
- What is your resting heart rate? \_\_\_ Don't know? \_\_\_Under 60 BPM    \_\_\_60 – 80 BPM    \_\_\_81 or above?
- Would you like to lose weight? Yes/No                      Would you like to gain muscle? Yes/No
- Do you have a long term fitness plan with shorter term goals to help you get there? Yes/No
- What is your current training/exercise regimen? *Briefly describe what you do in an average week (continue on the back if necessary) Please include details on warm-up, strength training, cardio training, and flexibility.*
  
- Do you have recent confirmation from your doctor that it is OK for you to exercise? Yes/No
- Do you have any injuries that affect your running/walking? Please describe
- What are your fitness goals?
- What is the biggest factor keeping you from attaining your fitness goals?
- On a scale of 1 – 10, how important is lifetime fitness to you?
- How do you hope to benefit from working with Coach Stephanie and/or joining the WOW Team?
- Your name \_\_\_\_\_
- Address \_\_\_\_\_
- Phone # \_\_\_\_\_ Time before 5PM, M-F for a phone consult? Please give two times that would work for you.
- E-mail address \_\_\_\_\_
- Would you like to assist for The WOW Team? All skill levels are considered! Yes/No

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**STEPHANIE K. ATWOOD, M.A.**  
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## Biography

Stephanie Atwood is founder and coach of the women's running/walking group in the greater Bay Area called [Go WOW Team – Fit Women of the World](#) and the online coaching and educational component [Ask Coach Stephanie](#). Her training and teaching experience span several decades.

Stephanie has worked, volunteered, and competed in fitness-related programs including marathon training, boot camps, x-country skiing, winter survival, rock climbing, mountaineering, white water rafting, and adventure hiking throughout the world. She holds current certifications as a long distance running coach, personal trainer, sports injury and nutrition consultant,

Stephanie started ALTB International, Inc. in 1997. Currently ALTB International includes women's fitness as its major focus. The WOW Team and Ask Coach Stephanie have grown to include more than 2000 active women throughout the US. WOW neighborhood groups workout regularly in four Bay Area Counties and are growing in their reach every day. Ask Coach Stephanie educates and coaches women online. Women from all over the world participate in this online group that meets on a regular basis to discuss all of the components of making fitness a part of our lifestyle.

Founder and Coach Stephanie's undergraduate studies were in Exercise Physiology, Bio Mechanics of Movement and Holistic Health, with her M.A. in cross cultural communications and training. Her expertise in coaching and teaching comes from more than 30 years of experience and 10,000 hours of training and practice!

Presently, Ms. Atwood is a Master's Runner and runs or walks almost every day. She often places in the top 3 in her age division and has completed several marathons, shorter long distance races, and track events, reaching state finals in the 3000 meters. Atwood is currently ranked as a regional, Master's Competitor through USATF. "Running and I go together. I want it to be that way as long as I live".

"Movement and fitness is a gift. I encourage both. **When women join the WOW Team, they are welcomed at whatever level of ability they bring. We are the fitness club for all women!** I want every woman in the world to explore her full potential and know that she will find support and companionship with us. When we're moving, we're getting fit. It doesn't matter how fast we're doing it! However, it really matters that we strive for our best. Ask Coach Stephanie and The WOW Team encourage the best in every member."

## Go WOW Team!