



PHOTO BY MARK TAYLOR

Angie Miller

Don't let the smile fool you.

BY LUCIA VITI

As a former elementary school teacher and counselor, Angie Miller creatively blends her background in education and psychology with her passion for fitness to empower her students to "raise the bar."

Born in Davenport, Iowa, the youngest of five girls, Miller's fitness career began while she was teaching school in Kansas City, Mo. "Although I loved teaching, I was enamored by the magnetic energy of group exercise as just that—magnetic. It didn't take long to pursue the avenue that would combine my passion for teaching with my love for fitness."

Miller describes her fitness career as an inspirational way of life set as an example to her daughters. "My mother's diagnosis of heart disease and osteoporosis has had a profound effect on my awareness and appreciation for women's health issues," she says. "It's heart-wrenching to watch someone you love endure what could have been prevented. While we cannot change genetics, we can reduce the risks that predispose us to conditions that affect our quality of life. I model by example. My daughters understand the importance of maintaining an active and healthy lifestyle."

This devoted mother of two recently relocated from Scottsdale, Ariz. to St. Charles, Ill., where she can be found teaching at Rush Copley Healthplex and downtown Chicago's Equinox and Crunch.

"My husband's career instigated several relocations," adds Miller. "Every move turned the page for a new chapter brimming with opportunities, blessings and challenges.

Teaching in a multitude of forums—as a personal trainer, group exercise instructor and video personality—seemingly across the country, has allowed me to work with people of all ages, backgrounds and fitness levels, shaping me to become the instructor that I am today. Although cultivating a new community of loyal members can be difficult, it ultimately enhanced my ability as a professional to remain sharp and up-to-date on the latest and greatest fitness trends." Miller feels she has grown as an instructor by confronting change. "Gaining trust and respect is a process that doesn't come easy. But once earned, it's incredibly rewarding." And while she never takes her ability to motivate others for granted, "I'm blessed to know that I make a difference in people's lives," she says.

Miller's DVD, *Core & Strength Fusion*, is the ultimate, total-body workout. Fresh, creative and fun, this time-efficient endurance and strength training routine showcases a unique combination of exercises designed to increase muscular endurance while challenging cardiovascular output. Miller's bubbly and energetic presentation is notably a notch above the rest, but don't be fooled—this petite dynamo is diligent in taxing the novice as well as the veteran with a tough workout.

"*Core & Strength Fusion* provides the tools and techniques needed to achieve a stronger, fitter you," explains Miller. "By combining fat burning and strength training exercises, this functional training program emphasizes core strength and stability, essential physical requirements for every active lifestyle." Whether striving to attain a designated fitness goal or serving to enhance an established continuum, Miller believes *Core Strength & Fusion* is the perfect way to reshape the body for a leaner, stronger physique.

Serving as *Core & Strength Fusion*'s creator, producer and coordinator, Miller guides participants through a variety of multi-directional and multi-planar moves that vary in tempo and intensity. A step, weights and tubing are suggested options. Miller describes this 70-minute workout as a "synergism for the mind and body."

"*Core Strength & Fusion*'s exercises implement muscles to work synergistically, as they do during everyday activities," she continues. It focuses on the importance of proper posture while executing a series of progressive strength and stability exercises. Core strength, the foundation for all movement, enables the pelvis, lower back, hips and abdomen muscles to work harmoniously. Weak and unstable muscles decrease stability, and may cause injury, poor posture and lower back pain.

Miller's infectious enthusiasm, innovative style and excellent cuing add to this already refreshing workout. While heeding form and function, Miller's upbeat encouragement leaves no rest for the weary.

"I'm dedicated to an industry devoted to the commitment, energy and integrity of others," continues the fitness pro. "And after two decades in this arena, *Core & Strength Fusion*—its production a dream come true—is the perfect venue to give voice to years of knowledge and experience. It's my way of 'paying forward' my sheer joy of fitness to home fitness enthusiasts."

In addition to her DVD, Miller touts a bachelor's degree in education from Iowa State University plus a master's degree in counseling from Central Missouri State University. Her fitness certifications include personal training through AFAA and NASM, primary certification through AFAA and ACE; efi Sports Medicine Gravity® Group; Mad Dogg Athletics; YogaFit®; and a master trainer for Gliding and BOSU®. Miller is also an AFAA Certification Specialist.

Miller's follow-up fitness DVD is scheduled to be released in 2009 and information will be available on her Web site at angiemillerfitness.com. Until then you can bet Angie will challenge her students and inspire them to embrace a healthy and fit lifestyle. **AF**

Lucia Viti is a freelance writer and has been a fitness professional for 22 years. She is AFAA and ACE certified and teaches in San Diego, Calif. Touting pleasure while promoting health and harmony through athleticism and community, outreach fitness events remain an integral part of her life as a fitness professional.