

Working at...FitOne Personal Training Studio

FitOne Personal Training Studio

Address: 814 N. Saint Asaph Street, Alexandria, Virginia 22314

Years at this address: Opened Sept. 1, 2007

Years in business: 8 years

Telephone: 703-548-2223

E-mail address: results@fitonestudio.com

Web site: www.fitonestudio.com

Owners:

Caity Davis & Jill Stump

Short bio:

FitOne is a unique personal training boutique located in historic Old Town Alexandria. We are a small, woman-owned business that offers distinctive training programs based on the latest fitness techniques that deliver results and evolve our clients both physically and mentally. Our customized programs include strength training, cardiovascular exercise and nutrition education, in one-on-one or small group settings. FitOne's comprehensive fitness and wellness plans are delivered in a modern, vibrant atmosphere by elite personal training professionals. Founded in 1999 by Caity Davis and Jill Stump, FitOne has evolved into a unique personal training company. With 25 years of combined fitness industry experience, they've created a results-oriented studio to train, motivate and educate clients. FitOne includes an elite group of fitness professionals who are caring, knowledgeable and committed to delivering customized programs based on the latest techniques. All trainers have completed in-depth certifications from nationally recognized organizations and improve their skills through continuing education seminars.

Why did you choose this particular business?

We chose this business because we believe that working with a personal trainer is one of the most effective ways to improve physique inside and out. We believe access to skilled personal trainers should be available to everyone, which is why the new studio expands our services more broadly through a membership-free exercise environment. That's why anyone with sweats and sneakers has access to good health through exercise with FitOne!

Since we started our business 8 years ago our fitness philosophy has remained rooted in the science behind resistance training. We incorporate the latest exercise and resistance training techniques, while making certain each customized program is fun and safe. Whether maintaining weight, trying to look great for a wedding or training for a marathon, the same principles apply!

We want to make certain our clients see results and also have the ability to commit to fitness for the long term.

Why did you choose to work for yourself rather than as an employee for someone else?

For many years we did both. We operated our personal training business as a service to local gyms and health clubs, helping those companies better serve their members. We consider our mission two-fold. We are working for ourselves as a small independent business — but also building our business through service to our clients and our community.

What have you learned from being in business?

The most important lesson is to bet on yourself — we did and we have been able to succeed!

Share an anecdote of a challenging or humorous experience or biggest surprise learned from working your business:

Our biggest challenge is our most recent. We started our business as an in-house training service to local gyms and fitness clubs in the Northern Virginia region. Our dream has always been to open our own studio space so that we can serve a broader group of people. Positive feedback from long-time clients, and a desire to create a more specialized training environment, served as the basis for the new studio. We finally decided to just do it! It's been an exhilarating, and at times scary, experience. But the response from our loyal clients, and meeting new clients, made the risk worthwhile.

What have been the advantages and/or disadvantages of operating a business in Alexandria?

The biggest advantage, and one of the primary reasons we sought out this area, is the close knit community. The local resi-

FitOne owners Jill Stump (left) and Caity Davis, have 25 years of combined fitness industry experience. Their results-oriented studio in North Old Town is designed to train, motivate and educate their clients

dents and businesses support the community and you feel a sense of partnership in helping others.

Description of services and/or products:

FitOne offers individual and group training, nutrition services, and Muscle Activation Techniques (MAT)®. Programs are developed based on each client's specific fitness needs and availability. Health history, lifestyle, and fitness level are taken into consideration to maximize workouts and create individualized plans. FitOne offers a variety of programs including single sessions, monthly and 3 to 6 month programs, based on client goals and training schedules.

FitOne training programs are designed to educate clients so they can gradually achieve the fitness knowledge needed to commit to exercise and long term healthy living. Through a customized program of consistent exercise and quality diet each client improves their physical and mental well being. Our training programs help clients: Manage weight, decrease body fat,

increase muscle mass, increase resting metabolic rate, improve bone strength and posture, improve heart health, lower resting heart rate, lower blood pressure, improve energy levels, and decrease stress.

Professional affiliations/associations:

Caity Davis is a graduate of Radford University. Jill Stump is a graduate of the University of Virginia, and completed an MBA at Averett University.

Caity and Jill are certified with the following organizations: ACE (American Council on Exercise) Personal Training and Certified Lifestyle and Weight Management Consultants, ACE AARP Program for retired persons seeking fitness trainers, IDEA-Business Member, RTS-Resistance Training Specialists, American Fitness Professionals Association (AFPA) - Post-Rehab Certification, Aerobics and Fitness Association of America (AFAA), National Academy of Sports Medicine (NASM), Pregnancy Fitness Certifications, and MAT Jumpstart Course & RTS Course Providers.

Talk Was Their Weapon — Silence Their Legacy

FROM PAGE 6

more than sure why this time and it showed in their faces and eyes as their story was now out in the open.

"These veterans are special because their purpose had to be kept secret for more than 60 years — even from their families. Their satisfaction for the job they were doing had to come from within," said U.S. Navy Rear Admiral Ann DeBarts Gilbride as she presented the first citation to former Lt. j.g. Angus Thuermer, now 92.

"Navy interrogators came from all walks of life. All uniformed personnel who took part in these interrogations were reservists. They were the first of their kind in U.S. Naval history," she said.

"Their work led to the defeat of the German U-boat fleet in the Atlantic. Informa-

tion furnished by this unit served as the basic foundation of naval intelligence. What they did went unheralded for decades," Gilbride said.

THOSE ACCOLADES were echoed by U.S. Army Col. David Griffith. "This unit maintains a connection to today. When the war was over they quietly continued their lives and kept their secret," he said.

There were 450 prospects personally interviewed by the Navy for the position of interrogator and assignment to P.O. Box 1142. Thirty five were chosen. The Navy used only officers as interrogators. The Army relied on both officers and enlisted personnel in that role.

During Friday afternoon and all day Saturday, the National Park Service conducted

a symposium on the work of P.O. Box 1142 and its various implications, past, present and future. It concluded with a session titled "Voice of Fort Hunt," a panel discussion by the veterans. Those voices were audible at last.

"My job was to listen and listen very carefully. Sometimes that listening occurred when the prisoners were not aware we were listening."

—Peter Weisa



PHOTO BY NINA TISARA