



IFPA *FitBits*

From the leader in Practical Fitness Education

International Fitness Professionals Association

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"All your young life they will tell you the things you cannot do. Quite firmly and very quickly they will tell you no. A thousand times until all the NOs become meaningless. They will tell you NO, and YOU WILL tell them YES!"

- Stephanie Stokes

IFPA Fitness Professional Success Story

All of the members of the IFPA team should take great pride when any member of our team achieves success. Stephanie Stokes, IFPA Advanced Personal Fitness Trainer is our latest success story. Stephanie has been with the IFPA Team for a long time, and it has been exciting watching her grow. She is a remarkably kind, caring, and generous lady. Please, lend your support to her new television series "StuntWorksTV", starring both her and her husband, by forwarding this email to everyone you know! Congratulations to Stephanie!!

P.S. Keep your success stories coming in, so we can share your experiences with the rest of your IFPA Team!



[Click here to read Stephanie's press release...](#)