



STEPHANIE KEENAN

S.M.A.R.T.

ALL MY LIFE I HAVE ALWAYS LIKED "SMART!" I personally respect and admire those who have more to tender than a pleasing exterior. Please don't get me wrong, "I dig pretty" and I have shoot tons of "pretty girls" and enjoyed the experience; but, those I genuinely remember, if truth be told, are SMART: Sincere; Motivated; Articulate; Real and Trustworthy. Now, if throw in humor, especially the dry and maybe sarcastic variety, along pretty and SMART, I think you have the entire package. "Beauty is indeed in the eye of the beholder!"

Stephanie Keenan, nuclear engineer (this lady has taken courses that I can't pronounce!) WBFF Bikini and Figure top 5 competitor and also my friend, practically sums up in one sentence yet again why I love my job! Stephanie definitely qualifies as SMART and can you spell pretty? My Name is Coach A, welcome to my world! →

QUICK FACTS:

Birthday: April 15th

Age: 32

Height: 5'9"

Weight: 141 lbs

Residing: Philadelphia, PA

Marital Status: Newlywed

Children: None yet

Education: B.S., Nuclear Engineering

INTERVIEW & PHOTOGRAPHY BY: J.W. ATHERTON



INTERVIEW



Give me 5 people that you would like to have a cup of coffee with.

01. Robert Kennedy
02. Maria Shriver
03. Darren Hardy
04. Bethenny Frankel
05. Deepak Chopra



Name 10 things you would take to a desert island.

01. Some sunscreen
02. A hammock
03. A journal
04. A pen
05. My hubby
06. My yellow lab
07. An iPad so I can blog about my experience
08. And....

What do you consider your greatest lesson learned?

To always begin with the end in mind. To really think about what I want out of life; then, let all the decisions along the journey be guided by my end game.

Is there anyone you would like to thank?

My physical, emotional, and professional transformations would not be possible without the love, support, and encouragement of my family, friends, fans, and mentors. I especially want to thank my husband, John, and my fitness mentor, Cathy Savage.

What do you consider your greatest triumph?

To know that very time I take a step in the direction of my happiness, regardless of what others may say, I am listening to my heart and following it.

Why WBFF?

I believe in the WBFF's mission to bring fitness to a broader audience and positively influence health and appreciate beauty throughout the world — thinking BIG!

What do you do for a living?

I have been working with the US military as a consultant and am the own of Stephanie Keenan FitLife (www.stephaniekeen.com). I am also a competitive fitness and figure coach for Cathy Savage Fitness (www.cathysavage.com).

One thing you would like to improve about yourself?

I would like to be a better communicator. Communication is crucial for every aspect of life from improving my relationships to sharing my love of fitness.

My least favorite workout?

Abs. I try to do as much to hit my abs and core without having to dedicate too much training time specifically to my abs.

Favorite workout?

My famous "Rock-It" HILL SPRINTS and PLYOS.

Favorite body part?

May I have 2: Back and shoulders. I love the strength power I feel from having a strong upper body.

First thing you do tomorrow?

Have coffee with my hubby while we walk our best friend, Cozmo.

Person who influenced you the most?

The biggest fitness influence in my life definitely comes from Cathy Savage.

Favorite fitness athlete?

Lori Harder. She is a gorgeous, natural athlete who is beautiful on the inside and out. She is improving live on a daily basis through her love of fitness and really exemplifies the term "fitness model".

How have you contributed to the fitness industry?

I share my trials, tribulations, fumbles, and failures together with successes honestly on my blog in an effort to encourage others that I am human and it took a lot of time and tries for me to get to where I am today. I share inspirational, motivational, and health tips on my Facebook page: Stephanie Keenan FitLife.





Savage Girl



Why did you get involved in fitness?

That is a great question and I have a blog post that sums it up with the title, "Chasing Skinny". I have always been concerned about my weight, so I started working out at a young age. Little did I know then that it would turn into a passion and eventually my profession?

Favorite?

Book: The Magic of Thinking Big;
Movie: Simon Birch;
Cheat Food: Anything Italian and red wine

Who influenced you the most?

Athletically: My competitive fitness team, Cathy Savage Fitness;
Academically: my mom.

What did you think about your first competition?

I enjoyed every second of working towards accomplishing the goal I had set for myself. I think the backstage experience was the best! I am still friends with many of the girls I competed with even though I have not seen them in person in 5 years.

Who do you want to emulate?

Athletically? I have 3 amazing athletes on my vision board: Lori Harder, Michelle MacDonald, and Jodi Lynn.

How do you want to be remembered as an athlete?

I want to encourage others to reach for their goals and dreams. My tool for sharing my love for life happens to be fitness; but honestly, I want others to extend beyond just physical fitness and into life motives and dreams.

What traits do you value the most?

Integrity, courage, and authenticity.

What do you see that is good in Fitness today?

Great athletes and organizations, like the WBFF, are fighting for its athletes to reach a broader audience in an effort to spread the love of health and fitness.

What needs to change in Fitness today, in your opinion?

Honestly, we need to honor and admire health and balance in Fitness, "Fitness athletes" should be a model of health and not something that is the result of chemically manipulating our bodies.

What would you like to say to the reader of F&F?

Anything is possible if you have faith in the process and a true passion for what you are doing! Clarity of purpose makes the day-to-day possible. Passion fuels the required persistency to keep going when you feel like you can't go another step.

Coach A?

I appreciate the opportunities to work with him because our photo shoots are always a fun time and the images capture are fantastic!

What really makes you tick?

To help along the way in changing lives and encouraging others to pursue their passion and reach for their goals my favorite tool, fitness.

What else do you want the readers to know about you?

I am a total geek (hello, nuclear engineering?) and my thirst for knowledge is insatiable. I try to take advantage of every second of my commute time to listen to audio books.

Tell me something that I don't know about you?

I spent 6 years in the US Navy serving onboard an aircraft carrier as a nuclear engineer.

Sum up your philosophy of fitness?

What is the point of having an incredible physique if you cannot enjoy it? Feeling healthy and comfortable in my own skin is priority #1 and then any physical beauty can shine through. I often think of something my husband said, "Nothing looks sexier on a woman than confidence!" — I really love that man! [F&F](#)



INTERVIEW

