

Vital Stats: example: 36, 25, 35
Height: 5 feet 2 ½ inches
Age: 52
Website: www.skiesfitness.com
Email: skiesthelimit@satx.rr.com
Marital Status: single

Associate Degree in Physical Therapy
ISSA Master of Fitness Sciences
Professional Pilates Instructor for Health Care Professionals
Empire Who's Who Honored member
American Academy of Anti-Aging Medicine member
Certified in Anti-Aging & Sports Medicine (finishing my other half)

SKIE MOLINAR



Former WNBF & NGA Professional Bodybuilder
Former Hest Infomercial spokes model
Local television appearances in Corpus Christi, Texas in English & Spanish television.
Guest Speaking appearances invitations to speak at high schools, elementary schools & church

WP: What do you like to do in your downtime; when you have any, that is!

Dancing, reading my continuing education to continue learning, writing (I need more practice hopefully to write a book or two someday?). If I was around horses I would go horseback riding. Go see Sade in concert along with Kirk Walem & other Jazz musicians

WP: How do you motivate yourself to stay on track with your training and nutrition?

Changing my training every other week helps along with allowing me cheat days on Saturdays or sometimes one day before 5 or 6 p.m.

Sometimes just training 4 days a week & off on Wednesdays & weekends keeps me from burn out. Although depending on my condition I leave out cheat meals etc. 16-12 weeks before a show

WP: How do you eat healthy when you're on the go?

Cook my fish or chicken on Saturdays or Sundays to have enough protein to last throughout the week along with baking several sweet potatoes, etc. & buy frozen vegetables so I can just warm up with my protein meals.

Emergency meals to carry are almonds, walnuts, pre made protein shakes & sometimes protein bars due to low blood sugar.

WP: What is your favorite part of leading a healthy lifestyle?

Being an example of what a healthy lifestyle will produce and inspiring others to want to live a healthier lifestyle regardless of age to live a quality life!

WP: What advice would you give to someone to encourage them to take on a healthy lifestyle?

Your health is your wealth; you have one body for one lifetime a gift from God! Your body is a machine if you don't use it you lose it! Make time for exercise or make time for disease!