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Be Fit For Life

Archives Available

March 17th 2014: Are you ready for the Challenge?

Are you ready for the Madness? Selection Sunday was last night, and now all of the teams going to the big dance have been selected. Of course I am talking about the NCAA Mens Basketball Championship! I love this time of year, but honestly with all of these great games on it is a challenge to stick to my fitness routine. Join the March Madness Fitness Challenge, and keep fitness a priority during the three week tournament! My guest this week is fitness master Shawna Kaminski. Shawna is the creator of [challengeworkouts.com](#). Listen and find out why shorter more intense workouts will get yo

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EPISODE ON DEMAND

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Featured Guest

Guest Image

Shawna Kaminski

I'm Shawna K. I'm in the business of living on the edge, challenging myself and then rising up to the challenge. I'm also about training properly and safely. I'm in my forties and I can't afford to be hurt and neither can you. I'm about giving you the tools to meet your challenging goals in the safest, most cutting edge manner. I am a long time athlete with many accomplishments to my name. □ National Canadian competitor in swimming & freestyle skiing □ Western Canadian Lightweight Bodybuilding Championship Winner □ Top 3 finisher in National Canadian Bodybuilding Championship for 3 years □ Two-time overall winner of 'Toughest Calgarian Alive' (This is a one day eight-event contest invol

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