

BusinessTRACK



Denise and Candyce Fowle of Inspire Me Fitness, recipients of the Mission Chamber 2018 Local Focus Business Excellence Award sponsored by District of Mission Economic Development Department.

Spotlight on Business Excellence

Inspire Me Fitness believes in creating healthy people for a strong community: 2018 Local Focus Award

by Rick Rake
CLICK MEDIA WORKS

It takes only small changes to make a marked difference in your health and feeling of well-being, and Denise and Candyce Fowle, owners of Inspire Me Fitness, demonstrate it is possible not only by showing, but by doing it in a very fun and local way.

Operating out of The Stage on First Avenue for two hours, four days a week and at other local venues when required, the pair are the recipients of the 2018 Mission Regional Chamber of Commerce Local Focus Business Excellence Award.

They run their business like a non-profit and operate like philanthropists with the belief healthy people are the foundation of a strong community.

The company was launched in 2017. Denise lost 100 pounds and Candyce lost 60 pounds through Zumba, and are an inspiration to the 60 clients in their classes. They also offer Zumbini for babies at another local studio, plus pilates, Strong by Zumba, POUND fitness, yoga, meal planning, cardio boxing and more.

By day, Denise is general manager of The Stage (also a Business Excellence award winner the same night) and Candyce works for Translink. The couple are raising a 10-year-old daughter and spend their free time hiking and camping.

They engage in fundraisers like Mission Christmas Bureau, Winter Warmup for Coldest Night of the Year to support MY House and Hope Central, Mission Skate Club, and Fraser Valley Youth Society (serving on Pride committee and board).

"We do it because we love it," said Denise about teaching others fitness and supporting community groups. "Our goal is to be open to all age groups and to grow the business to sustain our own studio space. We don't make a profit."

Inspire Me Fitness is also nominated for a Fraser Valley Cultural Diversity Award this year, and they are pleased with their Mission Chamber membership, indicating it helped "get the ball rolling with their marketing" and inspired them through the lunch-and-learn events.

Denise, who plans to run for the Mission Chamber board, was raised in Mission. Candyce grew up in Whonnock.

"We love Mission. We will never go. We are super lucky to be here," they said.

To learn more about Inspire Me Fitness, click on inspiremefitness.ca or call 604-671-5182.

Chamber Events

Wednesday, March 13, 2019
Business After Hours
Networking Event ★

This vibrant, after hours business social event provides an excellent opportunity for members and prospective members to meet face-to-face, establishing or renewing valuable business relationships. Join us for hors d'oeuvres, refreshments and an opportunity to connect with the Mission business community.
Place: Storage For Your Life
33433 N Railway Ave
Time: 6:00pm-8:00pm
Price: **FREE for Members***
Free first time for non-members considering membership

Thursday, March 14, 2019
Chamber Luncheon:
Annual General Meeting

Place: The Copper Hall
33129 Railway Avenue, Mission
Time: 11:30am-2pm
Price: \$34.00 per person
\$5 off for Members

Wednesday, April 3, 2019
Chamber & Changewerxs:
Time Management Workshop

Effective time management skills are fundamental to business success. This workshop will assist you to understand time management and provide tips to use your time wisely and effectively.
Place: Chamber Boardroom
Time: 9:00am-11:30pm
Price: \$50 per person
Limited Seats

Thursday, April 5, 2019
Chamber Post Budget Roundtable
with Bob D'Eith, MLA

Join us in a roundtable discussion with MLA Bob D'Eith as he provides a debrief of the budget and what it means for you. Have the opportunity to voice your opinion and get answers to how this impacts your business in this Q&A style session.
Place: Chamber Boardroom
Time: 9:00am-10:30am
Price: **FREE for Members***
\$5 for Non Members

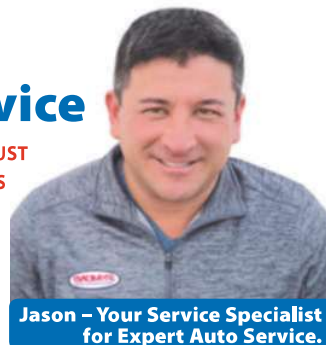
To REGISTER for these events, or for more information, please visit our website at missionchamber.bc.ca or call 604-826-6914 or email: events@missionchamber.bc.ca

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