

CREATED TO INSPIRE, INSPIRED TO CREATE

TEXAS INKED

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PHOTOGRAPHER & MODEL

DOUGLAS MARQUEZ

&

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Editors Note

History was made today! Did you watch?

PRESIDENT TRUMP WAS IMPEACHED FOR THE 2ND TIME. NOT SOMETHING I PERSONALLY CARE TO TALK TOO MUCH ABOUT, BUT IT WAS HISTORY.

We have been making history pretty much every week since Covid 19 hit. I just can't help thinking about how dumb we are going to look when our Great Grands read up on us. "Really Granny, you had to have someone tell you to wash your hands and cover your mouth? Y'all didn't just know those kind of things back then?" We look at how technologically advanced we have gotten and don't process how out of date we will be soon. This past year has changed life forever. I don't believe online work/school is going anywhere. You can't begin to tell me when we will no longer wear face coverings in public. Don't take this as me being negative, the future is not grim in my eyes, just different. I hope my kids and their kids get to live in a wonderful place like where I was raised. I hope they get to know people for their smiles. I really miss smiles! Just the random thoughts that cross my mind when I sit there watching the crazy things we are living through.

Anyways, stay safe guys, and send us a smile by using our @/#.

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We can't wait to see the day the stores are stocked with our magazines and cash is flowing like it's 2018... **You could be part of keeping us alive!**

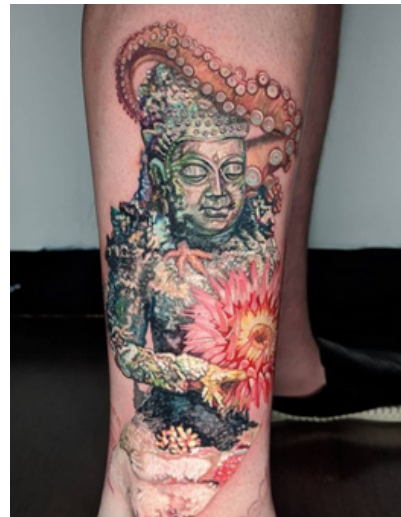
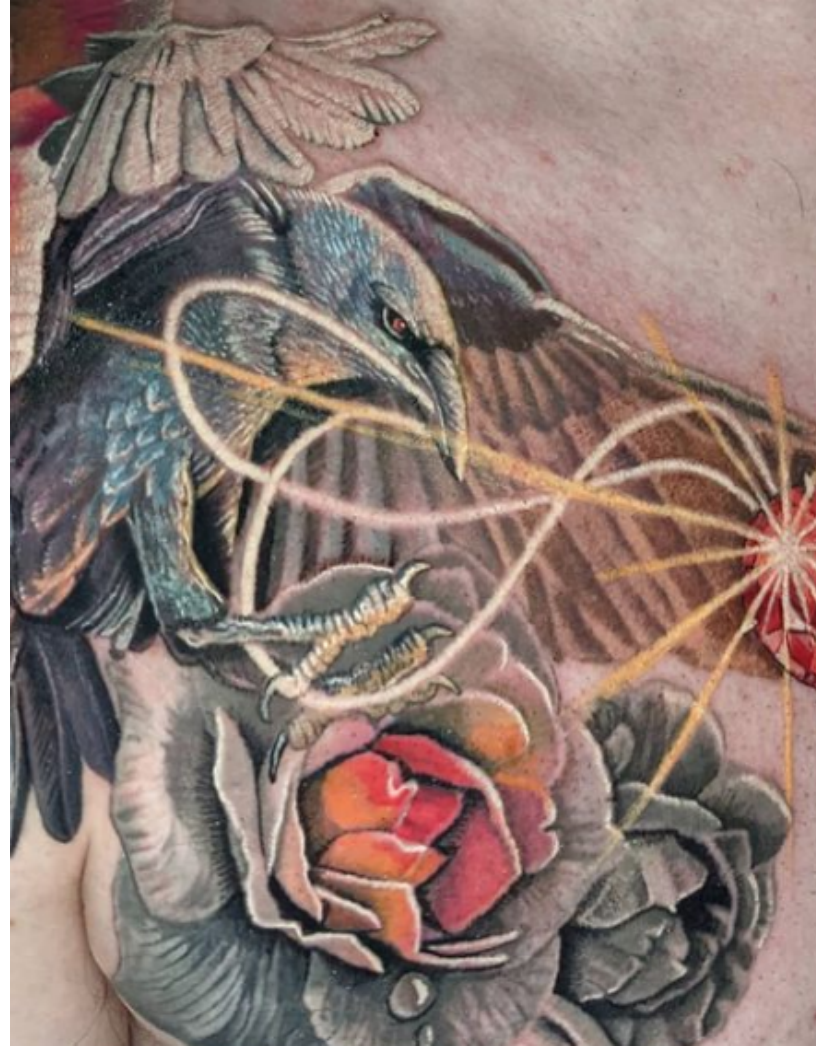
The loss of convention season in 2020 combined with the unfortunate events of 2019 have depleted our finances. We would love nothing more than to keep promoting the **Texas Art Community** but need a little help. If you are able to make a donation we would greatly appreciate it!

Two ways to donate:

www.texasinked.com/store/donations or  @texasinkedmag



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LEE**

SEVENTH SEAL DALLAS, TX

The Right Coach...

How To Find One Suited For You

By Stephanie Trevino, MBA, PHR

Have you ever been fired as a client? A rising trend among trainers and nutritionist in the fitness industry is to fire clients who do not immediately oblige their demands. Coaches that follow this type of training philosophy are typically looking for clients that are just like them and are not flexible enough to accommodate clients that do not respond to their style.

Therefore, it is always important to do your research and find the right coach for you!

So how do you know how to find the right coach?

Every client will require a different set of skills. When you are looking for a good coach the first step is to do a self-evaluation in order to try and define what kind of client you are going to be. The following are some of the questions you may want to consider:

1. What was the driver behind your decision to get healthy? Is this due to an illness/medical condition or just the desire to be healthier?

2. What are your short-term and long-term goals? Do you want to lose 50 pounds, be able to do 10 pull-ups, run a marathon, or be the next Arnold Schwarzenegger?

3. How do you respond to different types of coaching? Do you respond better to the carrot or the rod?

4. What type of time/financial commitment are you willing/able to make? Most trainers nowadays offer both online and individual training and nutritional services.



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The Right Coach... How To Find One Suited For You Cont.

So when you are looking for a coach/trainer/nutritionist what are you looking for?

You are looking for someone who asks the questions identified and helps you develop a plan based on the answers to those questions. The coach should help you discover your purpose and drive behind a life of health and wellness.



Communication is key! The coach should want some form of weekly communication from you. Many times we can get confused in what our coach is asking us to do so you will want a channel to ask questions and get answers. This will ensure you are following the plan and yielding the best results.

The coach should always make sure that you understand the plan. They will want to ask you questions to see if you understand what they want you to do. If you are unsure, ask questions too. The goal for both client and coach is understanding.

If you have questions about this topic or anything related to health and fitness, drop me a line at strengthbodymind@gmail.com.

Stephanie Trevino, MBA, PHR is a certified nutritionist and life coach. She is the founder and owner of [Strength of Body and Mind](http://www.strengthbodymind.com), a full service consultancy dedicated to strengthening the body and mind through coaching in all aspects of life including professional development, physical and mental health and wellness. Her areas of expertise include physical fitness, nutrition, and mental and physical wellness. More information is available at www.strengthbodymind.com and on [Facebook.com/StrengthBodyMind](https://www.facebook.com/StrengthBodyMind).

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TATTOO OF THE WEEK



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Denton, Tx

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