

# Yvonne Ferguson Hardin

## Inspiring the World to Become a Healthier Place

In today's world, unhealthy diets and sedentary lifestyles have become the norm for most people, leading to a surge in chronic diseases like heart disease, diabetes, and cancer. With this alarming trend, the world is in dire need of a clear path towards a healthier lifestyle and better eating habits. Yvonne Ferguson Hardin, with graduate degrees in Health Sciences and Physical Education, recognized this need and embarked on a career in fitness training with the aim to inspire and transform lives through fitness.

### The Moment of Transformation

Yvonne Ferguson Hardin, known to her clients as Fergie, a fitness expert and entrepreneur, understands this struggle all too well. Yvonne's interest in fitness began when she moved to America over 25 years ago and gained weight due to the abundance of large-sized meals. Joining a health club helped her lose unwanted weight and inspired her to become a fitness instructor herself. She wanted to inspire and change lives through fitness, just as her own life had been changed. Yvonne quickly became active in the health and fitness world, obtaining certifications and becoming immersed in learning everything she could about health and wellness.

### Overcoming Fear and Pursuing the Passion

After the passing of her father, Yvonne was given an inheritance that allowed her to quit her full-time job and focus solely on her passion for changing lives through fitness, particularly for the older adult population. Despite facing many challenges and moments of discouragement, Yvonne persevered and continued to fund her business with her



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own wages.

After managing many fitness and wellness facilities and directing recreation departments in long-term care homes, Yvonne finally decided to open her own gym. The grand opening was a success, but then the COVID-19 pandemic hit, causing her business and many others to shut down. However, Yvonne refused to let her passion for helping others through fitness fade away. She quickly adapted and began offering free virtual classes on Facebook and dropping off fitness equipment for clients to join remotely.

Through Yvonne's determination and willingness to adapt, her business survived and thrived. Hybrid and outdoor classes have become a normal part of her program, and she has even gained new clients from different states thanks to the reach of the internet. Yvonne's story is a testament to the power of passion, perseverance, and adaptability in achieving one's goals.

### Fergie's Instructional Training: Changing Lives Through Fitness

Fergie's Instructional Training FIT LLC is a fitness business that serves the local and international community virtually and in-person through specialized group fitness classes, health programs, individualized personal training, and health coaching. Fergie's target population is individuals 55 and over, and through her programs, participants regain their sense of worthiness, independence, and confidence. Once they graduate, they can volunteer or obtain a part-time job, helping others in the program or giv-

ing their service to the local community.

### The Efficacy in Aging Program: A Signature Program

One of Fergie's signature programs is 'The Efficacy in Aging Program,' a series of specific fitness classes designed to improve the physical and mental level of individuals 55 and over, regardless of their fitness level. The program includes strength training, cardio, balance, and flexibility exercises that aim to enhance mobility, reduce pain and discomfort, and increase the overall quality of life for seniors. The program is tailored to meet the individual needs of each participant, making it an excellent choice for anyone looking to age healthily and happily.

Yvonne's philosophy is that fitness should be enjoyable and accessible to everyone, regardless of age or physical ability. She believes that exercise is a crucial component of a healthy lifestyle and that staying active can help prevent or manage various health conditions. Her approach has been proven effective in helping many seniors achieve their fitness goals and improve their overall quality of life.

### Staying True to Yourself and Your Dream

Yvonne emphasizes the importance of staying true to oneself and the dream you have for your business. Taking responsibility for making your vision come alive and being committed to providing the best possible training to clients is key. Yvonne's dedication to her clients is evident in the success of her business. Moreover, she suggests accepting assistance from others as one individual cannot do it all by saying, "*My best advice is to ask for help! There are people just waiting to be a part of your mission, they may not do things like you because they are not you, but their contribution will help to move you ahead and keep you aware of possibilities.*"