

Written by Lisa Robins

Monday, 08 July 2013 21:26 - Last Updated Tuesday, 09 July 2013 12:44

If you're a mom raising a daughter, the pressure girls face in today's world is most-definitely a familiar concern in your home. Body image, competitive sports, grades at school... some of many issues we search for strategies, in-order to keep our girls on track.

Let's face it, there are a lot of great girls out there, but when you meet a superstar that embodies role-model potential, as I did when I recently met Bailee, it is important that we get these girls out there, so many can learn from their achievements.



A few months ago, I had the pleasure to meet and begin fitness training 13-year-old Bailee Bauermeister, who I seriously could not stop talking about, since our first training session together. Besides her stunningly beautiful looks and mature personality beyond her age, it is her inner-strength, humility and drive to be 'the best she could be', that continues to impress me most.

Bailey is an incoming Chaparral freshman with an an impressive 4.0 GPA, a highly accomplished athlete with the Alliance Volleyball Academy, certified-scuba diver, runner, busy model represented by both FordRBA and Wilhelmina agencies, while keeping an impressive outlook on life and handling the pressures of being a girl growing up in Scottsdale, head-on. How on earth does she do it?

You are so committed to a healthy way of living. What motivates you to live this way?

Fit Daughter Confidential... Meet Bailee Bauermeister, Role Model for Girls

Written by Lisa Robins

Monday, 08 July 2013 21:26 - Last Updated Tuesday, 09 July 2013 12:44

I think a strong body equal a strong mind. When you feel good on the inside, I think it shows on the outside. I always feel so much better after I workout or participate in some kind of activity.

Written by Lisa Robins

Monday, 08 July 2013 21:26 - Last Updated Tuesday, 09 July 2013 12:44



Written by Lisa Robins

Monday, 08 July 2013 21:26 - Last Updated Tuesday, 09 July 2013 12:44

You are so focused on getting better and better at volleyball. How long have you played volleyball and how did you get started?

I have played volleyball for 6 years. I started playing in 4th grade on a team at my elementary school.

For girls who have never played, what kind of strength and discipline does volleyball entail?

Being a good volleyball player means constantly trying to improve your skills. There are always ways to improve. Better technique, better timing, getting faster, jumping higher. There is always room to grow. It is important to be strong and that includes eating well, getting enough sleep, and keeping my body in shape.

Describe a typical week in your life when you are in-season in your sport?

I have practice on Mondays, Wednesdays and Saturdays. On Tuesdays and Thursdays I run two miles with my little sister. I try work out with my trainer two times a week when I'm in town.

You have shared that proper nutrition is important to you. What do you like to eat?

My diet is mostly fruit, vegetables, and lean meats. My family tries to eat fish 3 times a week, which I enjoy. I love sushi!

Some girls are afraid to get out there and try new sports. What advice can you share with girls who want to play, but are afraid of failure or judgement?

I would tell them the only way to fail is by NOT trying. You don't have to be the best. Getting out there and being active is an accomplishment. Plus, you will end up having fun. I also think being part of a team is amazing. Everyone is so supportive.

Written by Lisa Robins

Monday, 08 July 2013 21:26 - Last Updated Tuesday, 09 July 2013 12:44



In today's world, young girls are exposed to images of what fit body should look like. How do you remain focused on your inner strength and lifestyle choices, rather than how you look?

Written by Lisa Robins

Monday, 08 July 2013 21:26 - Last Updated Tuesday, 09 July 2013 12:44

To me, a healthy person is the whole package. If you take care of yourself, eat right and exercise, you will feel great and you will look healthy.



Lisa is a local [REDACTED] and proud [REDACTED] of 2, with a passion to inspire Moms and [REDACTED] to be [REDACTED]. When she is not training her clients, or developing cutting-edge wellness programming exclusively for La Camarilla Racquet & [REDACTED], she shares her knowledge in many national fitness magazines and websites such as Oxygen, Max [REDACTED], M&F Hers and Brooke Burke's ModernMom.com. www.LisaRobinsFitness.com