

# **BARBELLS** **FITNESS**

**Vanessa  
Morbeck**



Issue 02 2025 \$24.99



ISSN 2371-3011

# Founder Angela Crouch



Angie Crouch founded Barbell's Fitness in 1995,

she was only 15 years old.

Her first fitness center was located on Indrio Road in Lakewood Park, Florida.

In 1997, she expanded to a second location in the Orange Blossom Mall on Okeechobee Rd in Fort Pierce Florida.

Her dedication, motivation and eagerness to promote a healthy lifestyle lead her to create a fitness video with Bandit Equipment.

Two years after she founded Barbell's Fitness, she was killed by a drunk driver.

She was only 17 years old.

Nevertheless, her dream and legacy are still alive. We encourage Readers to support their M.A.D.D. organisation



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# Ashley Orewiler



My name is Ashley Orewiler, mom of 4 csections, passionate about mental health awareness and fitness. With 2 marathons under my belt and a 5k personal best of 20:20 my goal is to show my children they are never too old to accomplish their own goals and dreams. Growing up with anxiety, I've felt first hand how goals cannot be met if your mental health is not in check. Confidence and self belief is the key and the will to never give up is the drive home. Later in life, I finally found my

confidence hanging behind my anxiety so there is no stopping now. I finally have everything figured out, and being the best mama bear for her cubs is number one. I will always show them that they can do anything they set out to achieve with a hundred percent effort, and lots of failing in the process.

Photos Credits: Yes









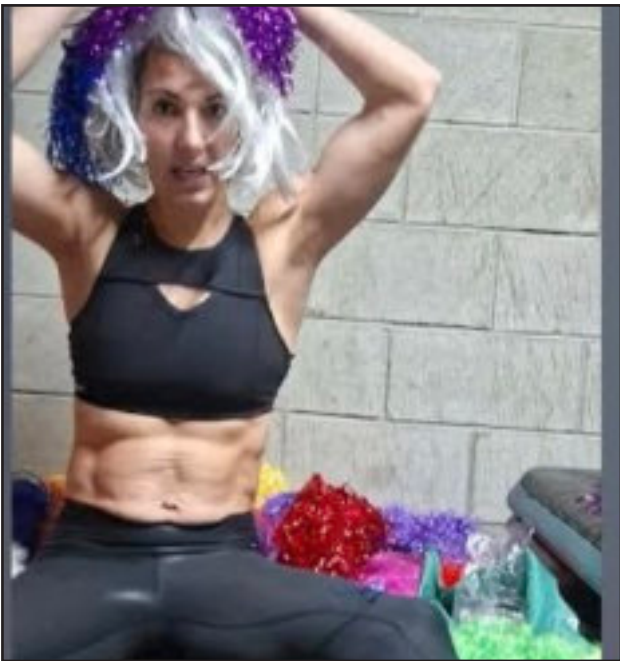
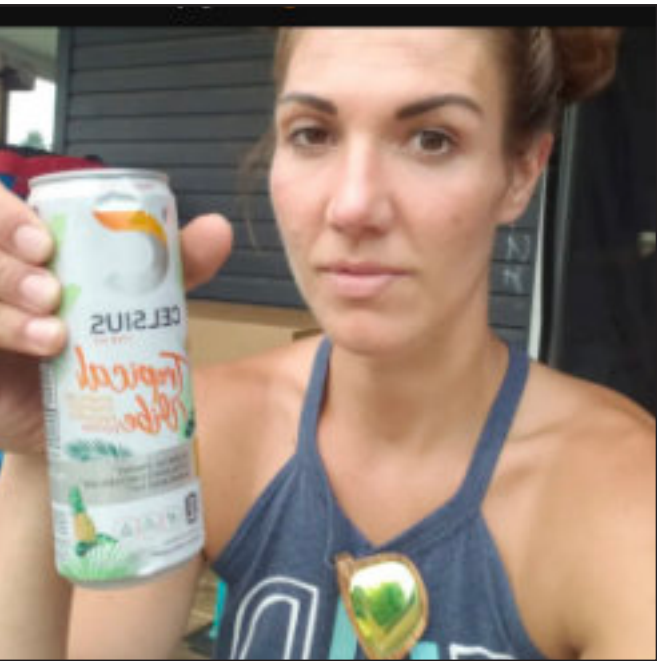
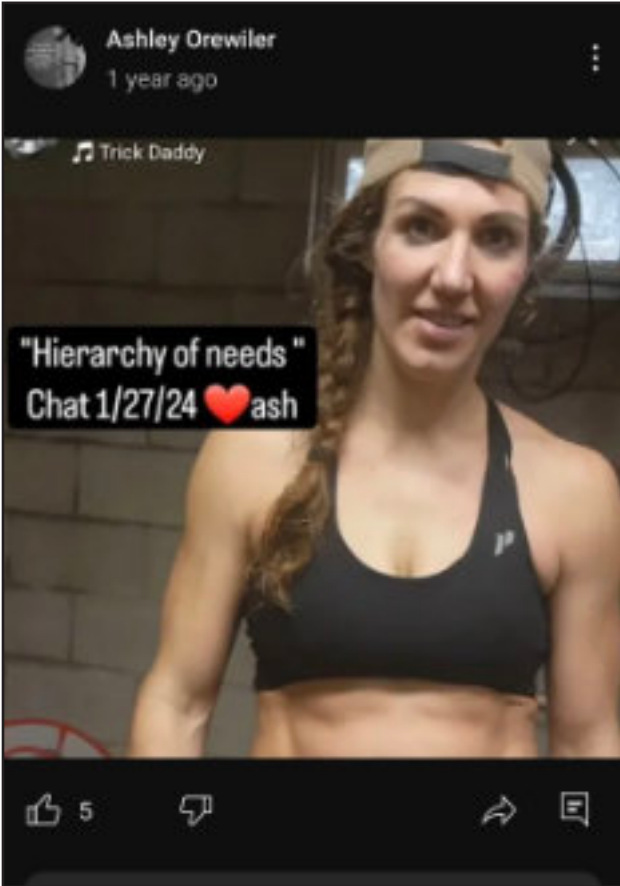








# Ashley Orewiler











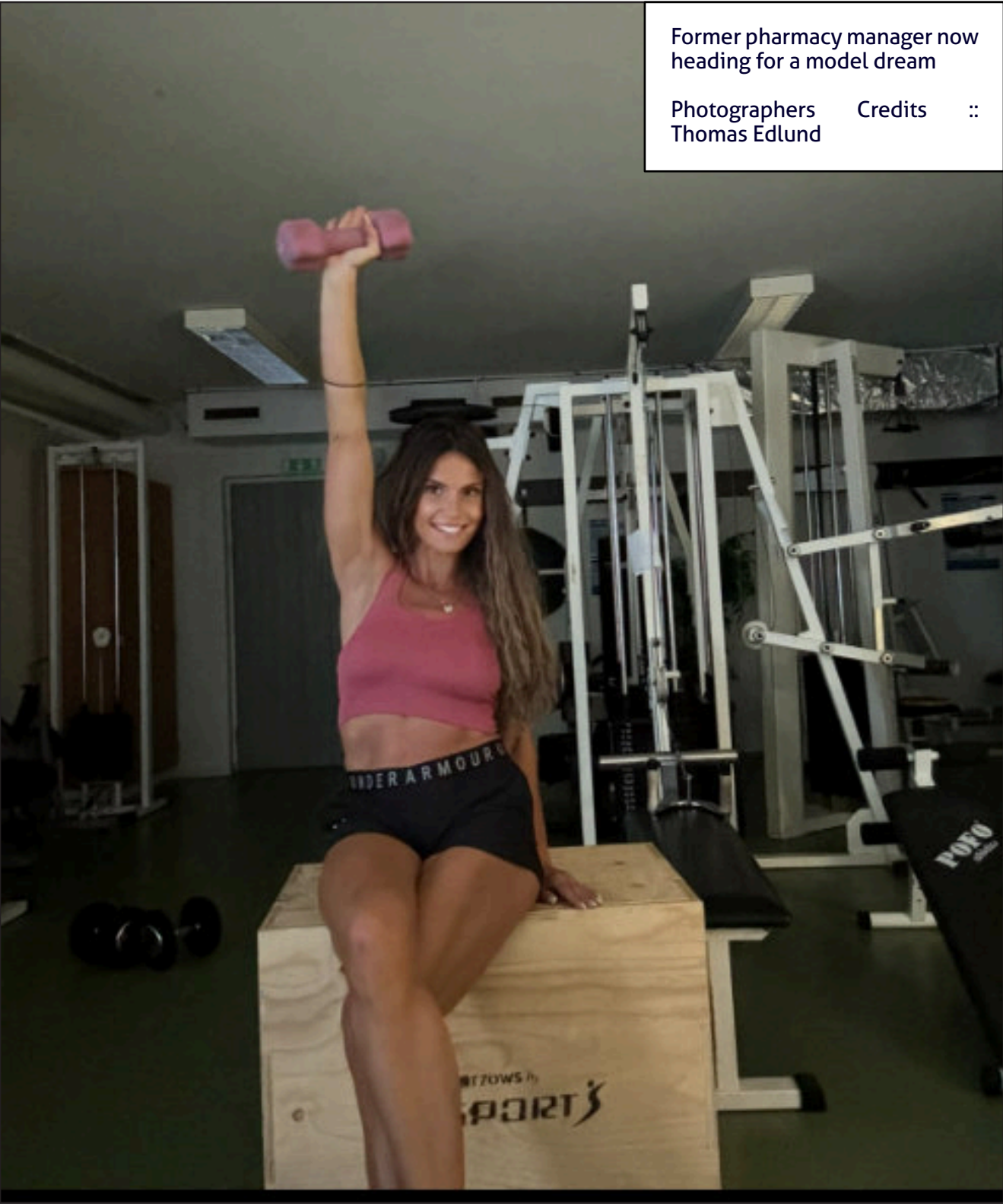




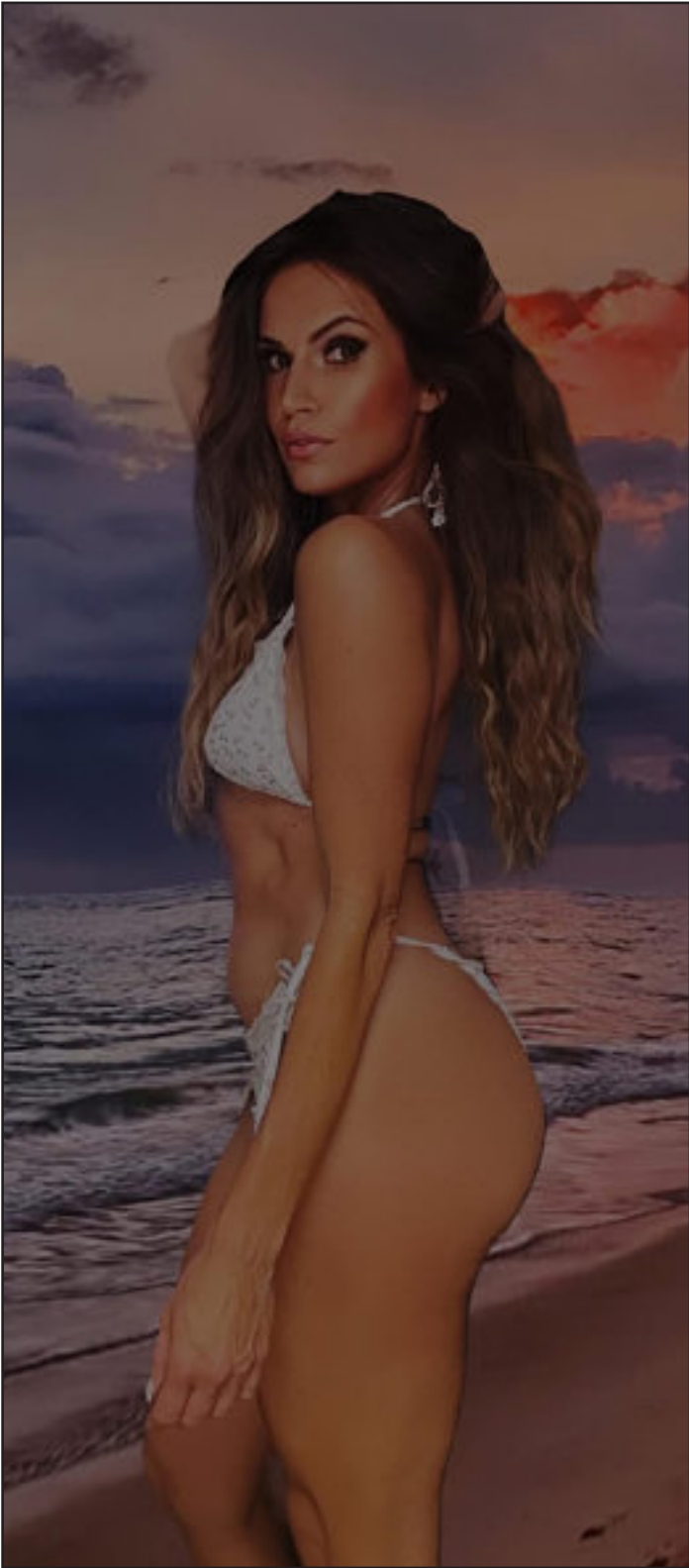


Former pharmacy manager now  
heading for a model dream

Photographers   Credits   ::  
Thomas Edlund



















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I have lost 110lbs and found sobriety and God. My goal is to just motivate as many people on this planet as possible to become more and do better. I use to be extremely aggressive and cus and scream like my Marine Corps persona but since I've truly gave my life to God I want to change lives with a more peaceful persona and attitude towards winning and becoming more. My goal is to sign up 10-20 clients a month and impact millions of lives before I pass away. Not only have

I lost 110lbs myself, I've served in the Marines, Co authored a best selling book, been on massive podcasts, became a master trainer and I use to be a higher up in the corporate world. I took all that life experience and turned it into an elite mindset coaching business where I teach others how to operate their life like a well oiled machine or business!

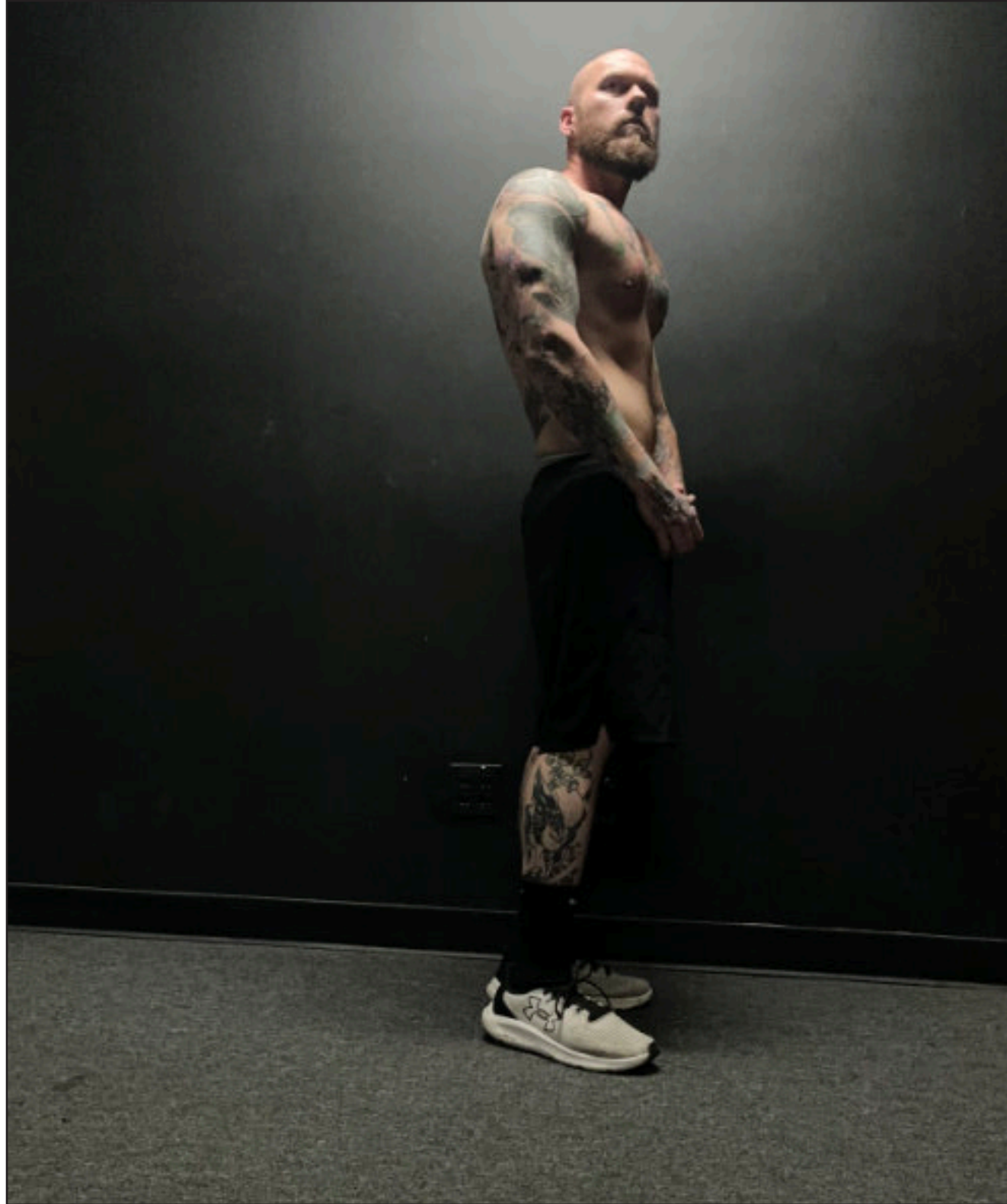
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- ✓ **Aménagement extérieur:** Assurez-vous que la pelouse est tondue, que les mauvaises herbes dans les parterres de fleurs sont éliminées et que la façade de la maison est propre et attrayante. Un coup de peinture frais sur la porte d'entrée peut faire des merveilles.
- ✓ **Faire des travaux d'entretien:** Profitez de la période estivale pour régler les petits problèmes d'entretien, comme les robinets qui fuient, les ampoules grillées, les portes qui grincent, etc.
- ✓ **Maximiser la lumière naturelle:** L'été, la lumière naturelle est abondante. Ouvrez les rideaux, les stores et les volets pour laisser entrer la lumière. Assurez-vous que les fenêtres sont propres pour maximiser la luminosité à l'intérieur.
- ✓ **Créer une ambiance estivale:** Des coussins colorés sur le patio et une table dressée pour un barbecue imaginaire dans le cour peuvent séduire les acheteurs potentiels, à visualiser leur vie estivale dans la maison. Ajoutez des touches décoratives comme des lanternes, des plantes en pot et des meubles d'extérieur confortables afin de rendre votre extérieur plus chaleureux et accueillant.
- ✓ **Une pelouse verte:** Un beau gazon peut augmenter la valeur de votre maison. Assurez-vous de bien l'arroser et le fertiliser lors des canicules.

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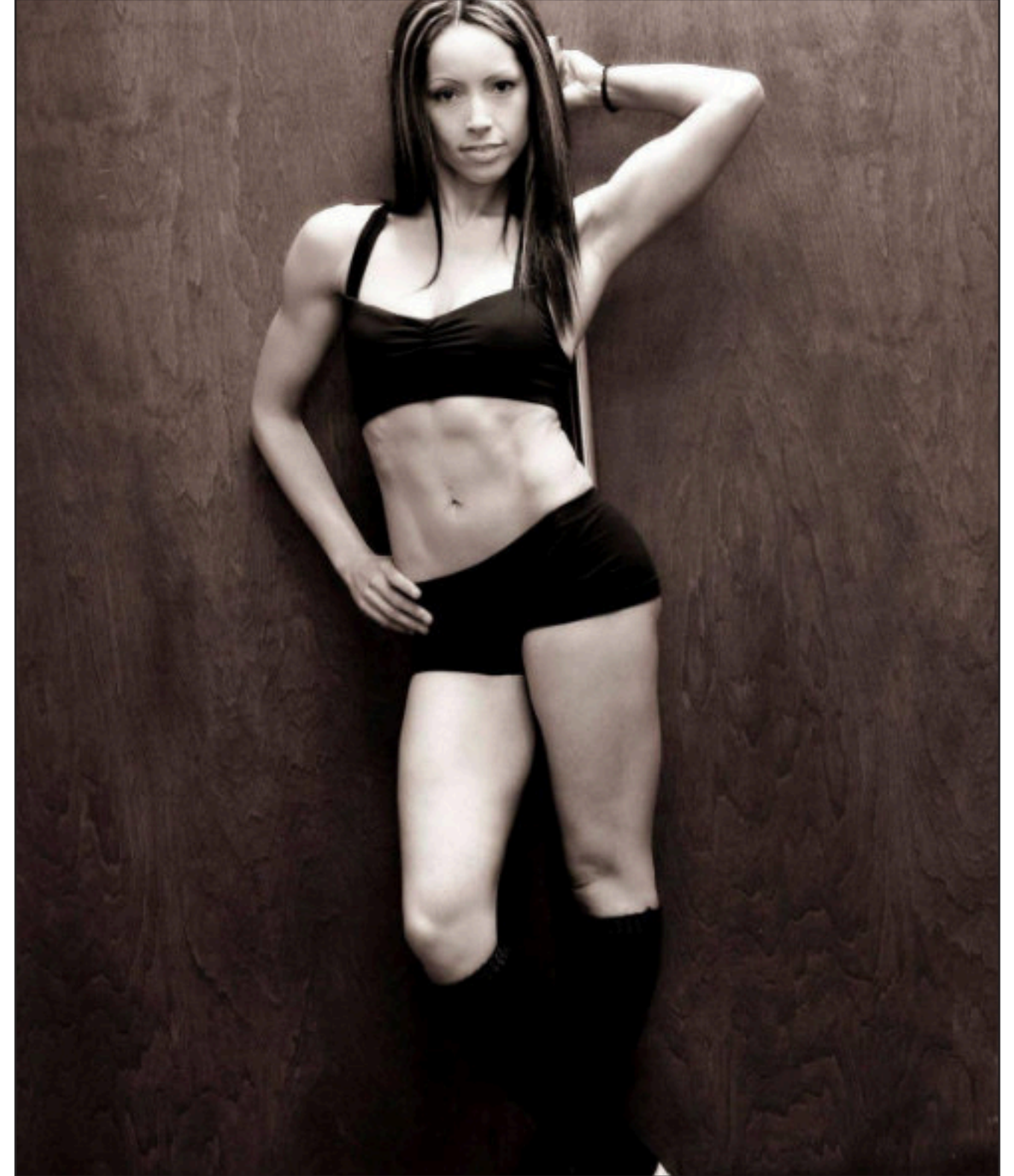




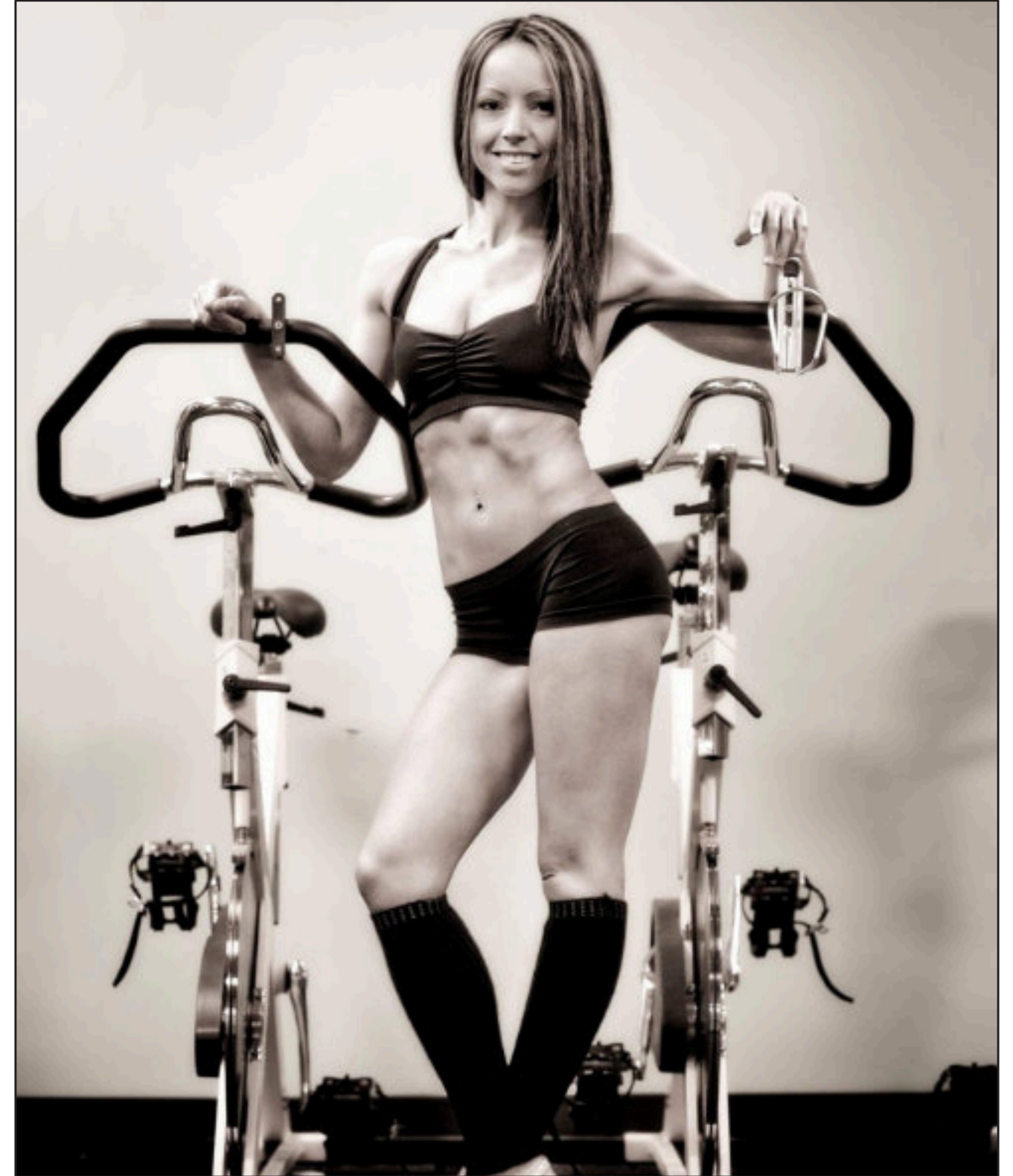
















ARTICLE: Dreams, Goals, Achievements, Challenges, and Rising Into Military-Verified Celebrity Status — The Journey of Vanessa Morbeck

My name is Vanessa Marie Morbeck, and my fitness journey is not just about aesthetics—it is about survival, rebuilding, and transforming pain into a platform that inspires thousands. I am a U.S. Army Veteran, a single mother, an athlete, and a growing voice within the military and fitness communities.

My Story

My journey didn't begin in a gym—it began in the darkest moments of my life. I survived military trauma, homelessness, financial collapse, and emotional battles that nearly broke me. From 2016 to 2023, I was homeless, rebuilding myself piece by piece while raising my

daughter alone. Fitness became my sanctuary. It was the one place where discipline translated directly into transformation. That discipline led me to step on stage in 2025, where I competed at the Summer Shredding Championship in Texas—placing 3rd in my qualifier and 5th in the championship. Standing under those stage lights showed me that my purpose is bigger than my pain: I am here to represent veterans, survivors, and single mothers who refuse to give up.

My Growing Public Platform

I've built a strong, rapidly growing community by sharing the real, unfiltered journey of a woman fighting her way back to the top.

Today, I've amassed a combined following on Instagram and TikTok, where people connect with my transparency, resilience, and transformation.

My audience follows me because I am real.

Because I don't hide the breakdowns behind the glow-up.

Because my story resonates with every veteran, every mother, and every person who has ever lost themselves and fought to rise again.

This following—and the impact behind it—is exactly why I'm stepping into military-verified celebrity status. Not because I chased fame, but because authenticity, advocacy, and transformation have created a voice people trust. Veterans, active-duty service members, fitness athletes, and women across the country look to me





# Vanessa Morbeck

for guidance, motivation, and proof that healing is possible.

Achievements

- U.S. Army Veteran (Human Resources)
- Competitor at Summer Shredding 2025
- 3rd place Qualifier
- 5th place Championship
- Author of an upcoming book on military trauma, survival, and empowerment

- Featured guest on a veteran-focused radio show
  - Built 120+ lbs of lean mass, confirmed by DEXA
  - Overcame homelessness, trauma, and financial instability while still competing
  - Rising as a military public figure through advocacy, storytelling, and authenticity
  - Growing Instagram & TikTok communities dedicated to fitness, healing, and resilience
- My Dreams



- To step on the Arnold Amateur stage in 2026
- To continue building my platform into one that changes lives—physically, emotionally, and spiritually
- To use my story as a tool for healing among women and veterans
- To expand my influence into public speaking, television, and advocacy programs

My Goals

- Reach 18–20% body fat at 145 lbs while maintaining my muscle mass
- Continue competitive bodybuilding with a long-term vision

- Become an established figure in the fitness and military communities
- Create programs and resources for veterans and single mothers
- Inspire others to stop waiting for the perfect moment and start from exactly where they are

Challenges I’ve Overcome

My journey is marked by adversity:

- Military trauma
- Homelessness
- Being a single mother with no family support



# Vanessa Morbeck

- E v i c t i o n notices during prep
- Broken or brittle teeth limiting my diet
- Cortisol weight gain and stress-related health issues
- E m o t i o n a l trauma from relationships
- Rebuilding my life while staying committed to the gym

Everything I built, I built while struggling. My success was carved from moments most people never talk about. But I talk about them—publicly—because that’s what makes me real, and that’s why people follow me.

## Why I Believe I’m Becoming a Military-Verified Celebrity

Because my story is bigger than fitness.

Because I speak for those who are still silent.

Because veterans see their own pain in my healing.

Because my platform is becoming a home for transformation, mental health advocacy, and powerful storytelling.

Because every time I rise, thousands rise with me.

I didn’t chase celebrity.



I chased healing, discipline, and purpose—  
and the world connected with that.

Today, I am stepping into a new era—one where I use my voice, my platform, and my transformation to inspire and uplift others. I am proud to represent veterans, women, mothers, and athletes everywhere who are rewriting their story.

This feature is not just an accomplishment—  
It’s proof that your pain can become your power.

— Vanessa Marie Morbeck

Veteran • Athlete • Mother • Survivor • Rising Military Public Figure

Photographers Credits :: 4Net Media

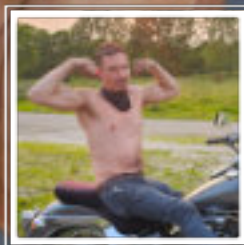
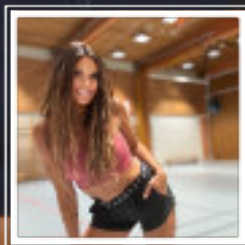






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ISSN 2371-3011

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