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the future of fitness

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tomorrow.

Name: Stacey Cravens

Home: Manchester, Tenn.

Occupation: gymnasium
proprietor

Age: 30

"As a child, I didn't make the gymnastics team the first year I tried out. That set a fire under me that has lasted a lifetime," explains fitness competitor Stacey Cravens. If she had made the team the first time around, maybe Stacey wouldn't have become a four-time Collegiate All-American Cheerleader, or be ranked 15th in the 2000 Fitness America. "I'm the kind of person that if I'm going to do something, I'm going to invest over 100 percent," says Stacey. When Stacey's not instructing gymnastics and cheerleading to more than 200 students a week, she's on the road (with her husband) competing. In fact, Stacey usually has an entourage in the crowd — mom, dad, sister, friends — that travel with her to each fitness venue. Stacey's now working on a new routine, and you can bet that when the 5-foot-4 1/2 competitor takes the stage, there will be plenty of cheers.