

# YOU IN SHAPE

GET INSPIRED!

## Leading the Pack

### LATREAL MITCHELL

Age: 40 Home: California  
Occupation: Personal trainer  
SHAPE reader: 6 years

Latreal Mitchell may not have children of her own, but she's passionate about protecting today's youth from the perils of obesity. A fitness fanatic since her teens, Latreal started teaching exercise classes in her 20s, became a personal trainer at 29, and has even competed in bodybuilding competitions. She found her true calling a decade ago when she met a heavy tween who wanted to slim down so she could run track. "I offered to train her for free, but her mother was too proud to accept my help," says Latreal, who now sees clients at Equinox Fitness Clubs in Los Angeles.

To ensure that other kids wouldn't be sidelined because of their size, Latreal launched a nonprofit called the Fitness Bunch Foundation. She started by giving motivational talks at schools, pointing out ways to be more physically active. She also created a five-minute workout video called "Get Fit," with hip-hop music and moves that would appeal to the younger set. Since going up on YouTube last December, it's gotten more than 6,000 views. Her organization also offers after-school classes—including kickboxing, boot camp, and yoga—at 13 elementary schools in the Los Angeles area. Next up: an interactive website that streams kid-friendly exercise videos. "We have 200 children in our local programs," says Latreal. "But my goal is to help overweight kids across the country."

KYLE ALEXANDER: HAIR AND MAKEUP: KERRIE URBAN/NYKT LA. LULULEMON BRA TOP AND LEGGINGS. ASICS SNEAKERS

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