



Against
THE GRAIN



FOR REDONDO BEACH'S SLOAN BOETTCHER,
PUSHING LIMITS IS ALL PART OF THE LONG GAME.

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Sloan with her mom and role model, Kathy Boettcher



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Fitness trainer, model and actor Sloan Boettcher began defying gender boundaries in sports as a child. Her innate athletic drive, grit and prowess made her a scholastic athletic trailblazer, which paved the way for her career.

Sloan’s love of family, sports and the South Bay has been a constant mainstay in her active and health-focused lifestyle. This seventh-generation Angeleno and Redondo Beach resident lives and breathes authenticity and would not have it any other way.

“I was raised to be self-driven and the best I could be,” she shares. “I never wanted to be like someone else. I always just wanted to be the best version of myself.”

Sloan has been immersed in sports with her family since childhood. When she was 4 years old her older brother, Logan, started playing T-ball, and she wanted to play too. She eventually played softball and baseball until she was a freshman in high school, when she had to choose between the two sports. Baseball it was.

She was the first girl on the team at Palos Verdes High School, where she played until she graduated. Her passion for the game continued at UC Davis while she majored in psychology and communications. Once again she was the first female baseball player, and during her fourth and final year she was the captain and president of the team.

“I basically played baseball nonstop for 18 years,” Sloan says. “I chose my double major at UC Davis because it has always been a dream of mine to go into sports broadcasting.”

As is often the case for hardcore athletes like Sloan, she was plagued by injuries. But in keeping with her unwavering optimistic spirit, she shifted her attention from pain and limitations to a positive newfound purpose.

“I had a lot of injuries,” she says. “After I had a major shoulder surgery, I could not do much for a long time. It was then that I realized I wanted to get into fitness training to help others.”

Sloan now works one-on-one with clients in the South Bay between the ages of 16 and 80. She trains them in private homes, local parks and at the Torrance YMCA, where she learned to swim as a child. All of her body-strengthening workouts are customized for her clients, and some are sports-specific—including a program for a marathon runner.

“What I do is very personal and hands-on,” Sloan explains. “My clients trust me to keep them safe, and because of my own sports injuries I relate to them even more. Every client is uniquely different, but they all come to me to improve their lifestyle—whether physically, mentally or emotionally. I help them blossom and grow athletically. My highest highs of doing what I do are building relationships and making a difference in people’s lives.”

“I had an immediate connection with Sloan when we met,” says client and Palos Verdes resident Kelly Delgado. “I have worked with other trainers in the past, but I was never committed enough and often found reasons to cancel our appointments. Never with Sloan! I really look forward to our training sessions. They are super-intense, but she makes them fun. She knows exactly how far to push without pushing too far to get the results I want ... without me wanting to quit.”

When Sloan is not managing her fitness business, she



Sloan training client
Mike McCarthy

also models and acts. Some of her many notable credits include print and commercial ad campaigns for Adidas, Nike, ASICS, Victoria's Secret, AT&T, Dr Pepper and the NCAA. And though she cannot be found on a competitive baseball diamond these days, she still loves to play catch and swing a baseball bat every chance she gets. Constantly in motion, a combination of running, surfing, skateboarding, swimming, weightlifting and volleyball keep her in top shape.

Whether working in front of a camera, training a client or immersing herself in sports, Sloan Boettcher is a passionate and spirited ambassador for healthy living. "I believe that everyone should trust in their own sense of health and beauty rather than compare oneself to others. We are all strong in our own special ways. To be truly happy, it is important to strive for your personal goals, be proud of your accomplishments and always work to be your best self both inside and out—regardless of what other people think that should be." ■

SLOAN'S YEAR IN HEALTH

DAILY NUTRITION

Every body is different. I've never believed in diets or a one-size-fits-all nutrition plan. Each individual's body processes nutrients slightly differently and functions uniquely. So when it comes to what I eat vs. what my clients eat, it all depends on what works for you. I enjoy a diet high in fruits and vegetables, lean proteins and quality, complex carbohydrates. However, I always follow the motto of "everything in moderation"—never denying myself if I want a cookie but always focusing on healthy, whole foods and plenty of exercise.

NEXT HEALTH GOAL

I'm really proud of where I am right now health-wise and hope to continue to maintain my health both internally and externally. Staying healthy emotionally, physically and mentally is paramount to thriving in life, so I want to continue to be proud of my body both inside and out.

FREE TIME

I love being outside. It's such a simple concept but something I have always enjoyed. Fresh air, the sound of the ocean and sand under my toes keep me physically, emotionally and mentally in balance. Being born and raised here in the South Bay, the beach has always been my favorite spot to spend my free time—whether it's biking or skating along The Strand, surfing, playing beach volleyball or just watching the waves break and the world go by.

GUILTY PLEASURES

Good chardonnay or beer, a fabulous dessert and *Jeopardy*. Gotta keep the mind sharp!