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Oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS

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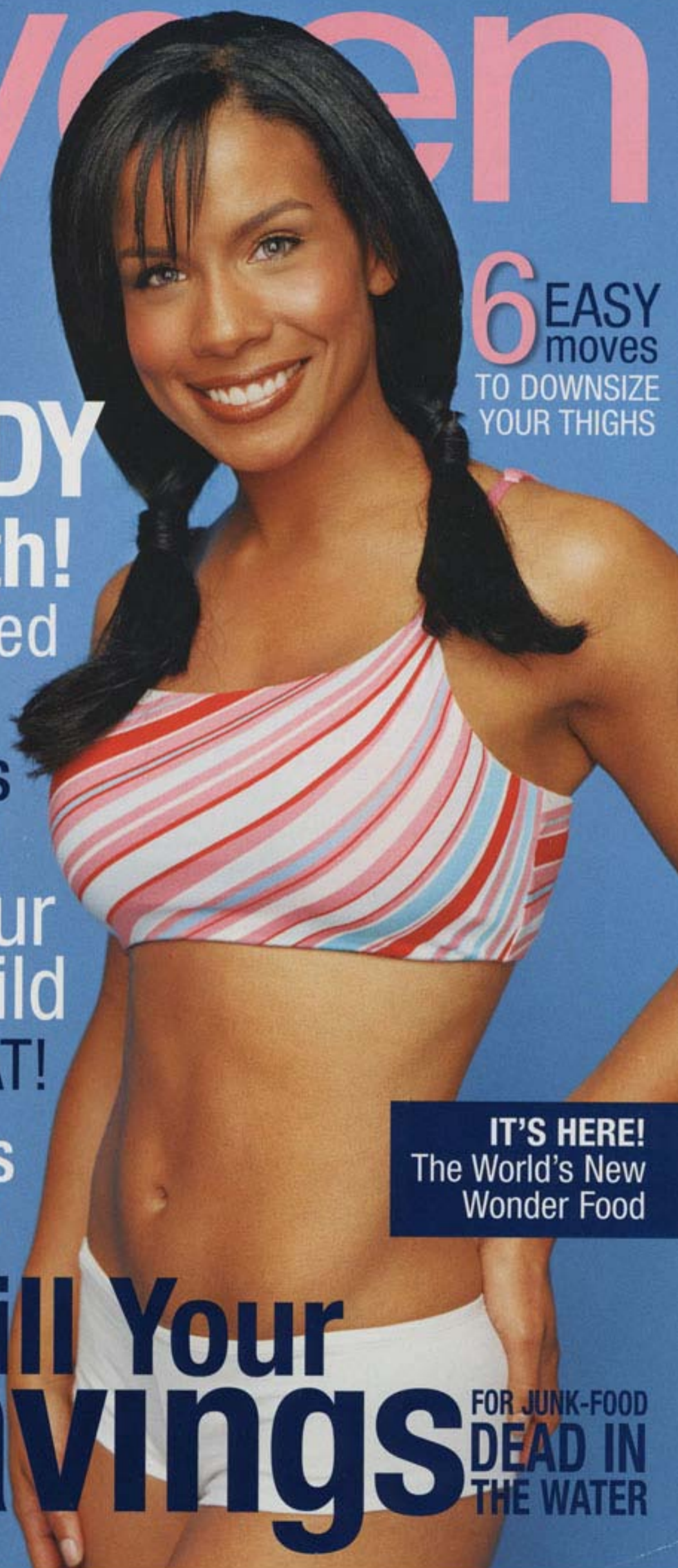
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COVER GIRL *exposed*

FITNESS COMPETITOR **MELISSA HALL** TALKS ABOUT GROWING UP IN MINNESOTA, PEOPLE THAT IMPRESS HER, AND WHY SHE LOOKS TO HER PARENTS AS HER NUMBER ONE ROLE MODELS.

My astrological sign is Capricorn.

I grew up in Minneapolis, Minnesota. Home of the Artist Formerly Known as Prince, the Mall of America, and frosty winter weather.

In high school I was a cheerleader, dance company member, and volleyball player.

My role models are my parents. They have been married for 35 years, and I commend them on being an interracial couple throughout the 60's. No words can express the love they have showered me throughout my life. My mother has also shown tremendous strength as she continues to battle with breast cancer.

My first fitness competition was in August 1998 in Minneapolis. I placed fourth and swore I would never do another competition after the grueling diet of protein, vegetables, and rice. Needless to say, I didn't stick to that. My first event was the hardest, but it was not my last.

My biggest pet peeve is people who brag about having money. I'm impressed by the things money cannot buy such as character, morals, and hard work.

My favorite book is *Coma* by Robin Cook. I love reading eerie mysteries and trying to determine the outcome.

I'm a huge fan of the TV series *CSI*. The character Nick looks like my husband Jason.

My favorite movie is *The Color Purple*. I'm extremely close to my twin sister and could not imagine ever being separated from her. The film captured how love and strength can overcome all odds.

My favorite CD is *Love Deluxe* by Sade. I enjoy her lyrics and soulful voice.

I'd love to work out with Janet Jackson. I saw her in concert and was amazed that she could sing and dance for two hours, and look amazing. I'd be a back-up dancer for Janet any day.

My dream vacation would be to visit the seven wonders of the world. I enjoy seeing and learning about the history of all cultures. Four years ago I went to the Grand

Canyon, and I was amazed at its beauty and overwhelming size. I was only able to hike a fourth of the way down. I'd like to go back and make it to the bottom.

I love training my quads & hamstrings since they are my trouble spots.

I hate training my calves. I always leave them for the end and I often forget about them.

I'd love to meet Oprah Winfrey. She is a role model to all women and I'd love to interview her about her life.

My best feature is my smile. It's an expression of how I feel about life - fulfilled.

The question I'm most asked is what ethnicity are you? My father is African-American and my mother is Caucasian.

“ My biggest pet peeve is people who brag about having money. I'm impressed by the things money cannot buy. ”

If I wasn't an Operations Manager for Fox Sports Net North, I'd be a fitness consultant. I enjoy helping people learn about nutrition and training. My husband operates his own fitness consulting business and I enjoy seeing the transformations of his committed clients.

My favorite training shoes are the Reebok Crosstrainers that Jason bought me. I hate shopping for tennis shoes and love buying strappy sandals, so he spoils me by keeping my training shoes up-to-date.

At the gym I always wear a bandanna. I have one in every color. They're great for keeping my hair out of my face.

If I won a million dollars I'd buy a fabulous home, then donate the rest of the money to breast cancer research.

I never leave home without my purse. If you were to open it, you'd think it was a mini-suitcase. It's amazing what I can pack in there. ☒

