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KEXP + Theo Chocolate Package Design + Illustration

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Live at KEXP Volume 4 Design + Illustration



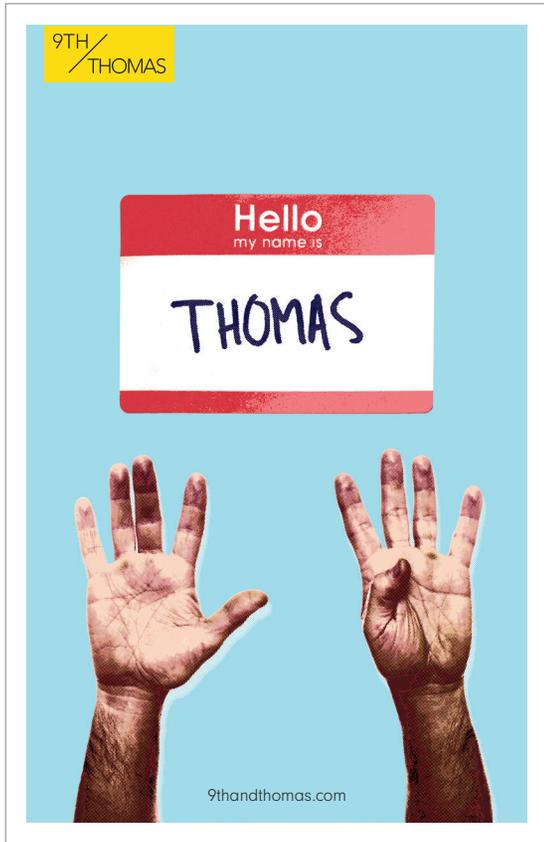
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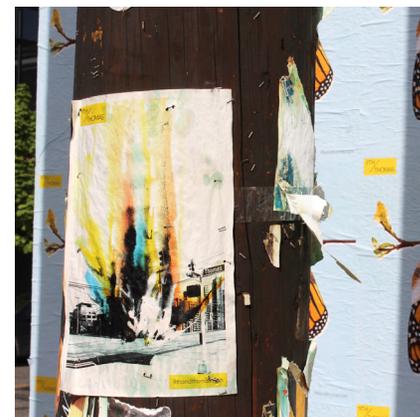
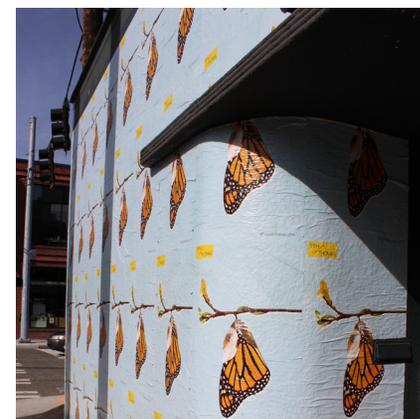
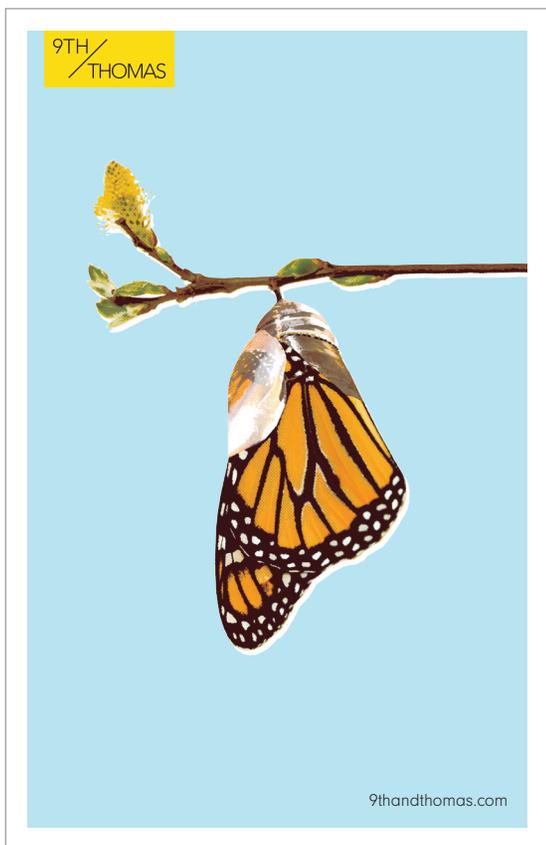




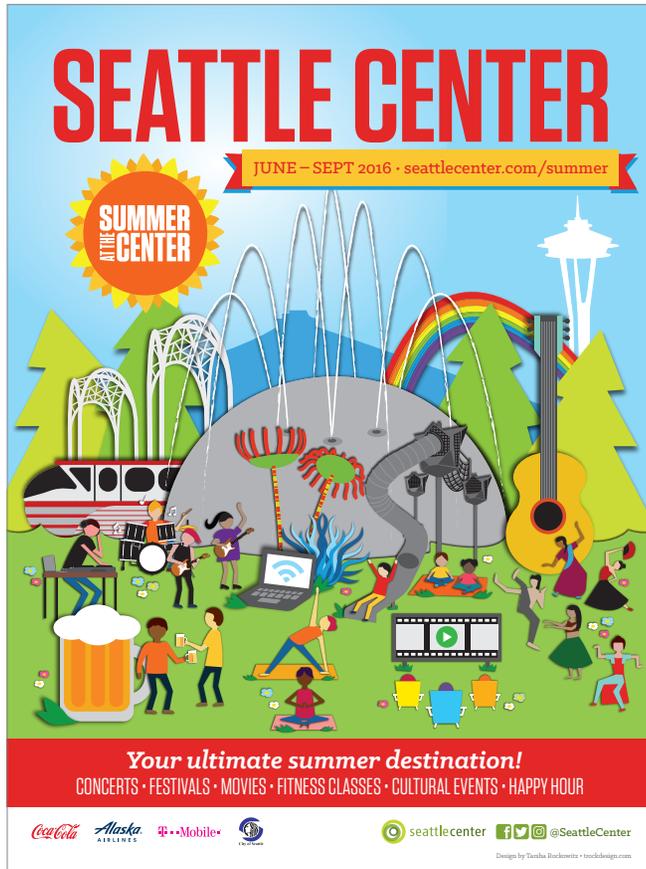
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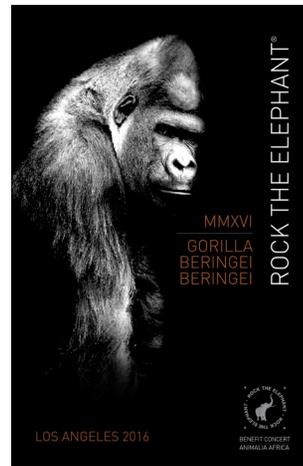
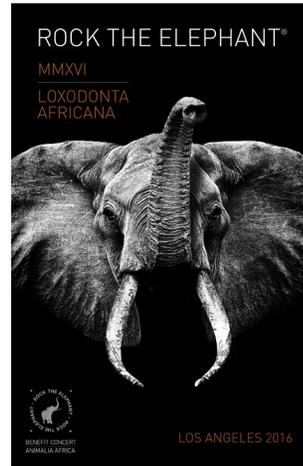
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FEED the Whole YOU:

A Wellness Guide for the Culinary Chic



300

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The ABCs of CALORIES and NUTRIENT DENSITY



Not all calories in meals are created equal. The Academy of Nutrition and Dietetics defines **nutrient-dense** foods and beverages as those that "provide vitamins, minerals and other substances that may have positive health effects with relatively few calories." The most nutrient-dense foods fall in the following categories: fruits, vegetables, lean poultry, fish and whole grains. Check out this table for ways to make nutrient-dense caloric choices.

Nutrient-Rich Swap

YOUR CHOICE	BETTER CHOICE
Bagel and cream cheese	Whole wheat English muffin with hummus
Potato chips	Handful of nuts and seeds
Store-bought smoothie	Low-fat yogurt topped with fresh fruit
Rich cheesy dips	Fruit- and vegetable-based salsas
Standard tuna salad	Tuna salad tossed with vinaigrette and made with fresh or canned-in-water tuna

Listen To Your Stomach

Hunger and appetite go hand in hand, but there's a key difference between them. Hunger is a physical sensation (think growling stomachs or hunger pangs) while appetite is the desire to eat that is linked to thought and your senses of taste, smell and sight.

Six Ways to Manage Hunger*

- 1. HYDRATE:** Carry around your own water bottle and make sure to stay refreshed throughout the day.
- 2. EAT BREAKFAST:** By jumpstarting your morning with the right nutrients, you're giving your body the energy it needs to make smart choices throughout the day.
- 3. SLEEP:** Seven to eight hours is ideal for most adults.
- 4. TAKE NOTE:** Keep track of your food intake and it could help you anticipate when your next cravings hit.
- 5. SNACK SMART:** Try nutritious options like cottage cheese with fruit, hummus with carrots, or LEAN CUISINE® Spinach Artichoke Dip with Pita Bread.
- 6. RECOGNIZE SIGNALS:** Before, during and after meals and snacks, stay alert for hunger and fullness cues. Use them to recognize when to eat and when you've had enough.†



STEP OFF the SCALE

Scales aren't the be-all, end-all of assessing your healthy weight. Numbers can fluctuate based on fluid retention, the time of day you're stepping on the scale and the actual weight of the food you just consumed. In addition, if you use a scale, make sure it is calibrated correctly, as scales can become inaccurate over time.

Muscle Matters

Over 600 muscles in our body help us move, run, swing dance, stretch into downward dog and more. Strong, healthy muscles also protect our bodies from injury, aid in healthy weight management and are linked to bone strength. Remember, your heart is a muscle too! Muscles require certain nutrients for top-notch performance.

Nutrients Your Muscles Need

- PROTEIN:** a primary building block for muscles.*
Found in meat, poultry, seafood, beans and peas, eggs, nuts and seeds
- MAGNESIUM:** releases energy from muscles and maintains normal muscle function.
Found in spinach, wheat bran, almonds and soybeans
- POTASSIUM:** prevents muscle cramping and aids in muscle control.
Found in many fruits and vegetables such as bananas, peaches, apricots, cantaloupe, honeydew melon, sweet potatoes, white potatoes, white beans, tomato products and more
- CALCIUM:** assists in muscle contraction and movement.†
Found in the dairy group which includes milk, yogurt, cheese and fortified soy milk
- VITAMIN C:** helps with cellular repair in the muscle tissue.‡
Found in citrus fruits, red and green peppers, kiwis, broccoli and potatoes

MAKE A MOVE

It is good to remember that the more muscle we have, the better our health. To build strong muscles we need to move our bodies. Adults should follow these physical exercise tips for important health benefits:

- Aim for 150 minutes of moderate-intensity aerobic exercise a week. This can include brisk walking, tennis, biking, etc.
- Two or more days a week, go for muscle strengthening activities such as weight lifting, yoga, pilates, etc.
- The above activity can be broken down throughout the week. At least 10 minutes of moderate- to vigorous-intensity exercise at a time is optimal.
- As a start, take a brisk 10-minute walk, three times a day, five days a week. That's 150 minutes!

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Nestlé
Good Food, Good Life

The Sweeter Side of Good Nutrition

Finding the sweet spot for desserts, candy, and ice cream in a balanced diet

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Know Your Calorie Needs

Portions are best identified after total calories are determined. To determine your calorie needs, visit www.ChooseMyPlate.gov.

← One size does not fit all! →

- 1 **Child** - 2 cup of ice cream
- 2 **Men** - 1/2 cup of ice cream
- 3 **Child** - 1/4 cup of ice cream

Don't Desert Desserts

TIP Based on your amount of discretionary calories, choose an appropriate amount.

TIP Balance your sweet treat consumption with exercise and a variety of healthy foods for a balanced diet each day.

Good Food does make for a Good Life!

Special occasions and sweet treats go hand-in-hand.

Whether it's pumpkin pie on Thanksgiving, candy shared on Halloween, or an ice cream sundae on your birthday, the connection of treats to celebrations and important, special occasions goes beyond American celebrations; it's something shared by people around the world.

From generation to generation and celebration to celebration, it's no wonder the connection to childhood and good time memories. Treats are delicious! Too much of a good thing and overindulging can be a slippery slope. Be sure to keep in mind the portions and discretionary calories you are allotted before indulging at times of celebration.

Source: <http://www.tollhouse.com/recipes/2013/09/20>

Tricks for Your Treats

Whether it is a holiday, birthday, or simply satisfying a sweet tooth, candy is a special treat many enjoy. Candy is not only tasty and fun, but it can be enjoyed in moderation with a few simple tricks.

TIP Never eat directly from the package - portion out and store the rest for another day.

TIP Consider removing candy bowls from your space.

TIP Reduce the size of a piece of chocolate and supplement with fresh fruit or nuts.

TIP Take your time and savor it to its fullest.

← Close your eyes and enjoy the texture, smell, and how your taste buds react to the sweet, sour, or bitter tastes. Chew slowly and make it last.

'Tis the Season for Sweets

Seasonal celebrations can be a time to delight in special treats not enjoyed the rest of the year. Fit these treats into your overall diet by being thoughtful about your total weekly calories. Save extra treats to share with loved ones or to enjoy later.

← **Kid-Friendly TIP:** During holidays or other celebrations, let your kids enjoy a moderate portion of candy, then take the excess and portion out in individual snack bags to be enjoyed in the days and weeks to come making note of expiration dates.

Treat Right with Your Favorite Nestlé Candy

- BUTTERFINGER® Fun Size** 90 calories per piece
- 100 GRAND® Fun Size** 100 calories per piece
- SEIZENY COW® Dark Chocolate Dreamy Clusters**, 120 Calories per pouch

Put the Freeze on Oversized Portions

Typically thought of as a warm day treat, ice cream is enjoyed year-round by everyone. A moderate portion of ice cream would be 150-200 calories, however, when we scoop our own portions, we often consume much larger portions than recommended.

Nestlé offers some ice cream treats that are lower in saturated fat and sugar. Skinny Cow® has delightful, cold treats ranging from ice cream sandwiches to fudge ice pops. If you are more of a traditionalist, try Dreyer®/Edy's® Slow Churned ice cream. The slow churn process is just as it sounds - the ingredients are slowly churned giving a creamy texture without adding extra cream so you get the same rich texture and flavor with 1/2 the fat and 1/3 less calories than regular ice cream.

Ice Cream Your Way

Ice cream is unique because you can customize your portion as needed. You also have control to customize your ice cream with a wide variety of delicious and better-for-you toppings, including fresh fruit, chopped nuts, & 8 (8 Top) Nestlé® Toll House® Semi-Sweet Morsels, or 10 (10 Top) Nestlé® Dark Chocolate Morsels®. It is easy to share with friends and family and perfect to save for a special occasion.

TIP For those desiring a smaller portion or for little tummies, try a L'il Drum® instead of a Dramatic® or a 1.5 oz. Chutkin® snack instead of a 2.5 oz. bar.

Size Matters

The scoop on portion sizes

The serving size on the Nutrition Facts Panel may not be an appropriate portion. A portion is defined by how much you choose to enjoy when you eat it. The Nutrition Facts Panel can help guide your choice, but the portion you consume doesn't have to be the same as the amount noted on the Nutrition Facts Panel.

← A scoop of ice cream should be about the size of a tennis ball.

Balance Treats with Healthy Pairings

There are many ways to enjoy fruits or low-fat or fat-free dairy along with your favorite baked treat at lunch or dinner.

1 cookie + Low Fat Milk (8 oz)

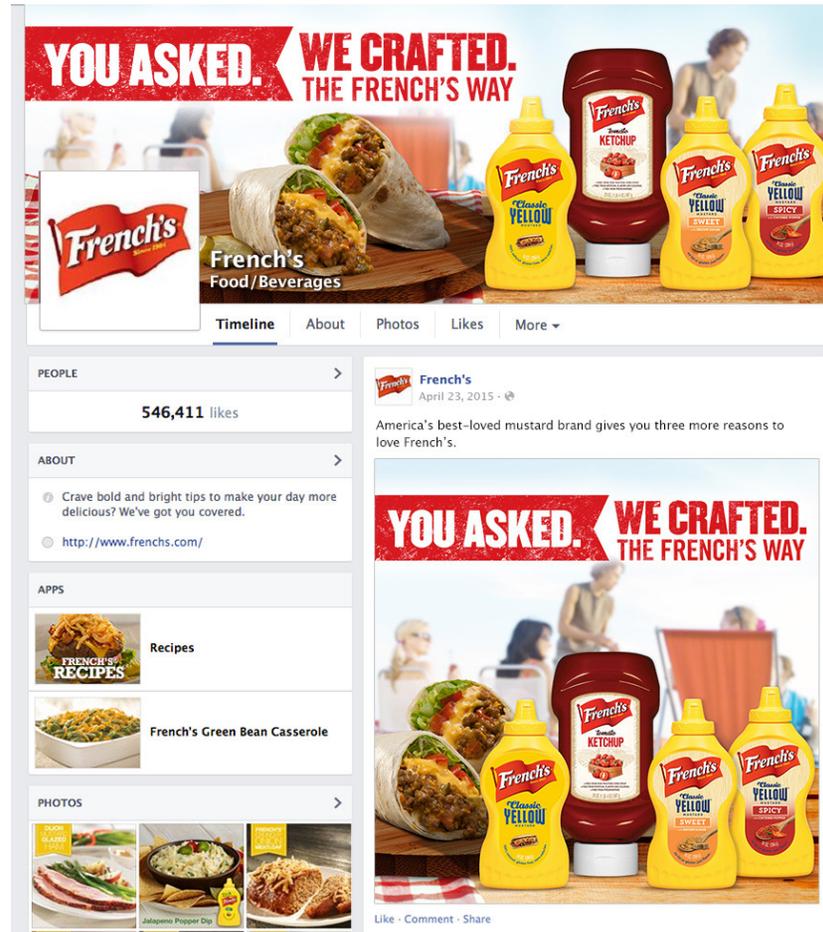
Sensible Pairing Ideas for Nestlé Toll House Morsels

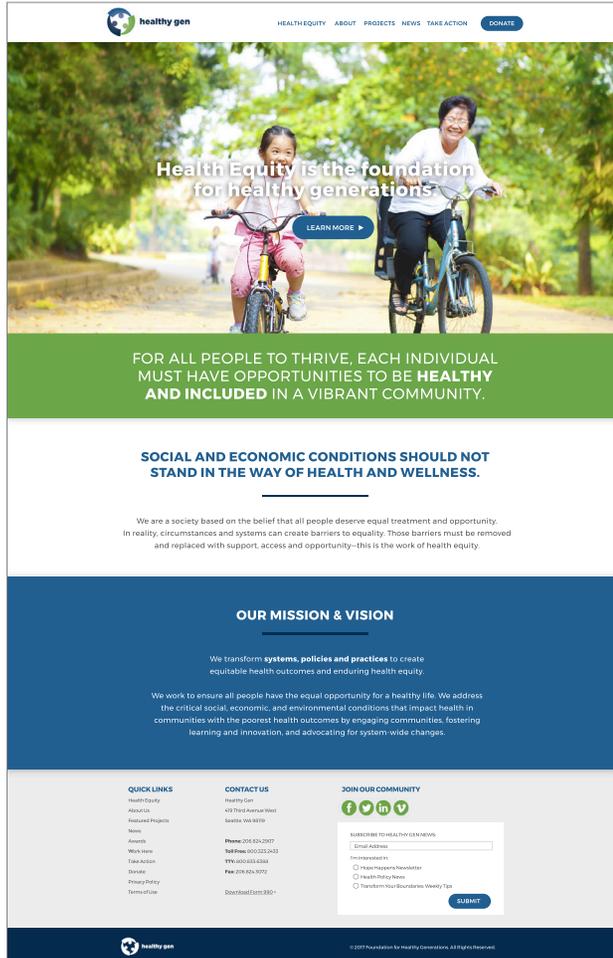
TIP Make Nestlé® Toll House® Morsels with dried fruit and nuts to add a hint of sweetness.

TIP Toss Nestlé® Toll House® Morsels with dried fruit and nuts to add a hint of sweetness.

Better-for-You Recipes from Nestlé

- TIP** Bake a "crustless" pie to save on calories. [Source: \[www.nestle.com/recipes/2013/09/20\]\(http://www.nestle.com/recipes/2013/09/20\)](http://www.nestle.com/recipes/2013/09/20)
- TIP** Use Cornation® Dispersed Slim Milk in place of cream. [Source: \[www.nestle.com/recipes/2013/09/20\]\(http://www.nestle.com/recipes/2013/09/20\)](http://www.nestle.com/recipes/2013/09/20)
- TIP** Sneak in good-for-you and nutrient-rich veggies like broccoli in place of some of the butter in cookies. [Source: \[www.nestle.com/recipes/2013/09/20\]\(http://www.nestle.com/recipes/2013/09/20\)](http://www.nestle.com/recipes/2013/09/20)
- TIP** Bake your favorite pie recipe in small muffin tins in place of a standard pie pan. [Source: \[www.nestle.com/recipes/2013/09/20\]\(http://www.nestle.com/recipes/2013/09/20\)](http://www.nestle.com/recipes/2013/09/20)





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Health Equity is the foundation for healthy generations

LEARN MORE

FOR ALL PEOPLE TO THRIVE, EACH INDIVIDUAL MUST HAVE OPPORTUNITIES TO BE HEALTHY AND INCLUDED IN A VIBRANT COMMUNITY.

SOCIAL AND ECONOMIC CONDITIONS SHOULD NOT STAND IN THE WAY OF HEALTH AND WELLNESS.

We are a society based on the belief that all people deserve equal treatment and opportunity. In reality, circumstances and systems can create barriers to equality. These barriers must be removed and replaced with support, access and opportunity—this is the work of health equity.

OUR MISSION & VISION

We transform **systems, policies and practices** to create equitable health outcomes and enduring health equity.

We work to ensure all people have the equal opportunity for a healthy life. We address the critical social, economic, and environmental conditions that impact health in communities with the poorest health outcomes by engaging communities, fostering learning and innovation, and advocating for system-wide changes.

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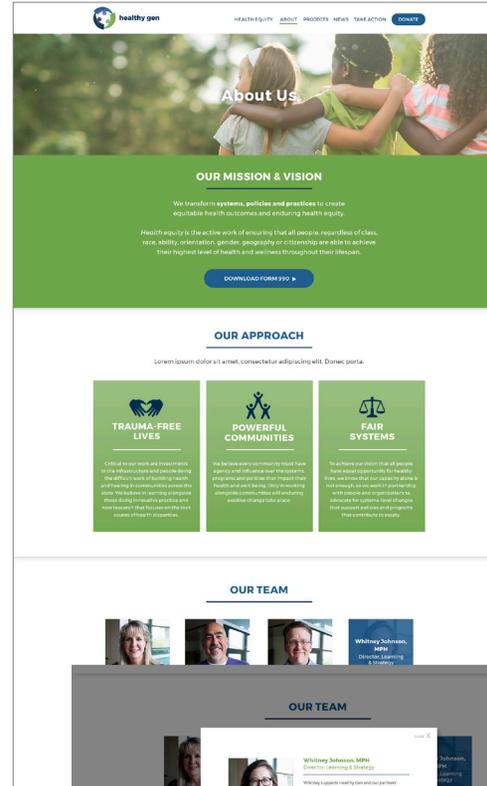
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The Health Equity Newsletter
 Health Policy News
 Transform Your Boundaries Weekly Tip

SUBMIT

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About Us

OUR MISSION & VISION

We transform **systems, policies and practices** to create equitable health outcomes and enduring health equity.

Health equity is the active work of ensuring that all people, regardless of class, race, ability, orientation, gender, geography or citizenship are able to achieve their highest level of health and wellness throughout their lifetime.

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OUR APPROACH

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec porta.

TRAUMA-FREE LIVES

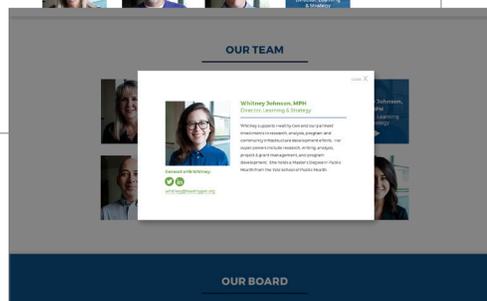
Critical to our work and investments today, addressing and preventing the traumatic work of health and health care is a comprehensive priority. We believe in learning adaptive skills to help our community and organizations that focus on the most vulnerable populations.

POWERFUL COMMUNITIES

Our health equity community must have agency and will be able to lead the change programs and policies that impact their health and well-being. Our community organizations must be able to identify and address the needs of their communities.

FAIR SYSTEMS

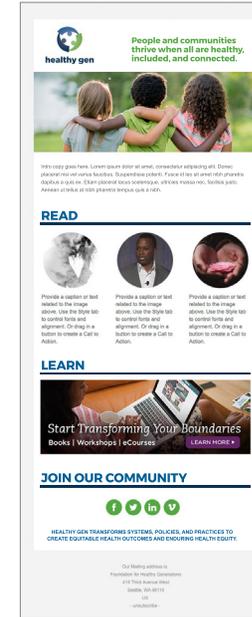
To achieve our vision that all people have equal opportunity for healthy lives, we know that our policies and practices must be able to address the needs of all people and organizations. We believe in learning adaptive skills to help our community and organizations that focus on the most vulnerable populations.



OUR BOARD

Whitney Johnson, MPH
 Director, Learning & Strategy

Whitney supports Healthy Gen and our partner organizations in their work to address the social, economic, and environmental conditions that impact health in communities with the poorest health outcomes by engaging communities, fostering learning and innovation, and advocating for system-wide changes.



healthy gen People and communities thrive when all are healthy, included, and connected.

READ

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HEALTHY GEN TRANSFORMS SYSTEMS, POLICIES, AND PRACTICES TO CREATE EQUITABLE HEALTH OUTCOMES AND ENDURING HEALTH EQUITY.



healthy gen Health Policy News
 with Senior Director of Policy, Julie Peterson

LEGISLATIVE SESSION 2017

POLICIES WE'RE WATCHING

PREVENTION: THE STATE OF WASHINGTON'S PROPOSED BUDGET FOR 2018

PHYSICAL ENVIRONMENT: THE STATE OF WASHINGTON'S PROPOSED BUDGET FOR 2018

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the science of
HOPE
Health Opportunities for People Everywhere

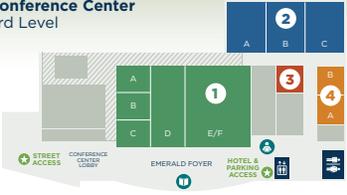
April 26th & 27th, 2017
SEA-TAC HILTON



CREATING ENDURING HEALTH EQUITY

Getting Around

Conference Center 3rd Level



- 1 EMERALD BALLROOM
- 2 CRYSTAL BALLROOM
- 3 SAN JUAN
- 4 MERCER
- 5 REGISTRATION DESK
- 6 BOOKSTORE
- 7 ENTRANCES
- 8 NO ACCESS

We've Got You

AMENITIES & OTHER HELPFUL INFO

BREAKFAST
Hot buffet breakfast available in Emerald Foyer from 7:30-9am with dairy free, gluten free and vegetarian options available.

LUNCH
Plated Lunch will be served in the Emerald Ballroom from 11:30am-12:30pm with dairy free, gluten free and vegetarian options available.

RECHARGE ROOM
Chair massage and acupuncture treatments will be available from 12:30-6pm each day in Emerald C.

SPECIAL REQUESTS
If you need a private space for nursing, creating or holding a small amount please contact the registration desk for assistance.

N.E.A.R. PROJECT MAPPING ROOM
Visit the San Juan room to add your project information to the network map of resources.

CLOSING CEREMONY
Closing Ceremony will take place in the Convention Center Lobby near the street access entry. Join in a celebration of music and dance with performances by Ta'ni Lion Dance Troupe, Black Star, Trilliphan, and more time to close our time together.

GET THE CONFERENCE APP
Download the free conference app for full details on speakers, workshops, and much more.

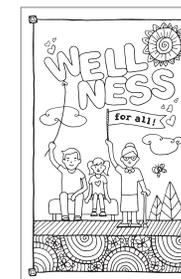
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To help you to Network: Hilton Meetings Network is right!

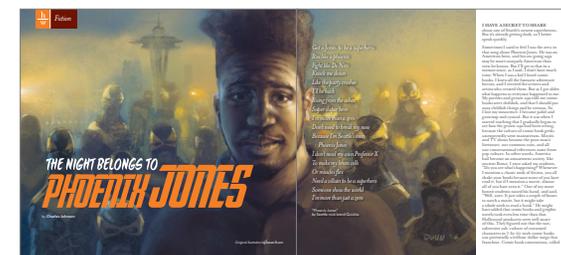
SCHEDULE AT-A-GLANCE

APRIL 26 DAY 1	APRIL 27 DAY 2
7:30-9:00 Breakfast	7:30-9:00 Breakfast
9:30-10:45 Welcome & Keynote	9:30-10:45 Welcome & Keynote
10:45-11:30 Workshops	10:45-11:30 Workshops
11:45-12:45 Lunch Keynote	11:45-12:45 Lunch Keynote
1:45-3:00 Workshops	1:45-3:00 Workshops
3:30-4:30 Happy Hour	3:30-4:30 Closing Ceremony

CONTINUING EDUCATION CREDITS are available for early childhood and K-12 educators, social workers, counselors and therapists. Please request a packet at the registration desk.

SERVICIOS DE TRADUCCIÓN al español están disponibles, así como preguntas en la mesa de registro.







Take it from a nonprofit veteran: if you want to learn more than you ever imagined possible about your organization and how it can best serve your community, launch a capital campaign. If you're really lucky, you'll get to hear as many wonderful stories as I did from donors. Just look at the personalized tiles on the new building. If you'd like a glimpse of many of them...

Your support for **Breaking New Ground Together**, the campaign to build KEXP's New Home, astonished me daily. You bought tickets for special fundraisers like Brandi Carlile's breathtaking "tin shop" show at the Moore, packed downtown Seattle streets for the free Blue Power concert at Pike Place Market, and contacted your legislators to rally government support. Thank you.

You humbled and uplifted all of us with the time, talent, and money you contributed to help build a permanent home for music-lovers at Seattle Center. How rewarding it felt to see longtime KEXP donors and new recruits alike respond to the vision you'd helped us shape, including 208 donors who felt inspired to make their first-ever five-figure gifts to this campaign.

Countless moments of joy, excitement, and occasionally fear punctuated three-and-a-half action-packed years. Some of those moments flew by others seemed to crawl, but none of them felt dull. We watched as sketches and concept drawings gave way to meeting topic guidelines on cement floors and steel, finally, a finished building. You've filled this space we built together with life and love every day since last spring's Grand Opening.

I'd like to express my deepest gratitude to everyone who made the campaign to build KEXP's New Home such a success: all our staff and volunteers, musicians from around the world, the partners and vendors who repped, built, and installed speakers, and our colleagues in local, state, and federal government.

Most importantly, I'd like to thank you. You helped KEXP accomplish the most ambitious undertaking in its 44-year history, and I hope you'll enjoy reliving the highlights in the pages that follow.

It's a pleasure and an honor to work alongside you.

Tomi Mara
Tomi Mara
Executive Director, KEXP

NEW HOME KEXP MILESTONES

Starting in 2009, generous music-lovers seized an opportunity to help build KEXP's New Home and have their contributions immortalized with a customized steel tile on the new facility at Seattle Center. This report is made from 208 tiles. Each tile represents a generous contribution of \$500, \$1,000 and \$5,000. Ultimately 1622 donors contributed \$10,525,000 to the new home by naming tiles and their names, initials, and personal messages will permanently adorn the southwest corner of the KEXP building.

The tiles are telling evidence of the joy, humor and passion for music that characterize the KEXP community, with statements like "Without Music, Life would be a Miserable and 'Music' is my religion." One donor wrote simply: "The Seattle music scene is a fortunate gift to a world of KEXP without your support." Song lyrics, a popular choice, include excerpts of lyrics to Phish, Death Cab for Cutie, and the Beatles.

GRAND OPENING

KEXP's New Home Grand Opening was held on Saturday, April 18, 2016. More than 10,000 music-lovers attended the incredible event, seeing their financial contributions and hard work come to fruition in real time. The event featured an incredible lineup of local artists on the outdoor stage, including Sharon Jones and The Dap-Kings, Car Seat Headlines, and Deep Sea Clean. Attendees covered the three-level garden for refreshments, and enjoyed a meal from nearby food trucks while waiting in line for back-to-back tours of the facility. KEXP also hosted a live performance by local rock band the Hula, and celebrated various parties performed in the Gathering Space, the site of many public events to come.

KEXP's new neighbors also hosted special events in celebration of KEXP's Grand Opening. View Project topped free live music, Pacific Science Center put on a beer show featuring DJ Ray, ZIFF held a Music Video Festival, and Cornerstone Live Radiohouse from Radio Zazuans came out to perform for the crowd at KEXP. The music came out in full force as well, with coverage by the Seattle Times, the Seattle PI, The Stranger, Greenways, and more by the hour.

ALL-IN: THE RALLY FOR KEXP'S NEW HOME

More than 900 music-lovers came out to the first fundraising event at KEXP's New Home on Thursday, July 12, 2014. The Rally for KEXP's New Home was a fundraising success, the first chance for the general public to donate to the campaign. With donations around the clock, the first quarter fund still remained as John D'Innocenti kicked off the event with a few words about what a New Home KEXP could mean for the city of Seattle, for artists, and for music-lovers worldwide. An averaged performance from Seattle's own Cave Singers gave the audience a preview of the incredible things KEXP would soon be able to offer the public in a larger, more versatile space.

The event marked the start of KEXP's All-in Music Month, during which individual musicians were matched with funds contributed by a pool of artists including their own, local bands like the Cows, and Seattle's own. High quality music donations on the spot. Over \$1,000 in cash was simply dropped into a bucket during the event, a highlight of good things to come and a testament for the community of music-lovers that is the heart and soul of KEXP.

TRANSISTOR IPA

KEXP partnered with Scubit Brewing in 2015 to create Transistor IPA, locally sold in a handful of establishments in the Seattle area, the local refreshing brew is now available at dozens of locations throughout the state of Washington, including grocery stores, restaurants, bottle shops, and the Scubit Brewing tasting room. Net proceeds helped build the New Home, and continued to support "music, real-estate" on KEXP.

"We were very excited to be collaborating with Scubit," said KEXP Morning Show host John Richards. "They are a local, family-run, family-owned brewery who makes great beer, and we are a Seattle-based radio station run by the community - it could not be a better fit."

A truly local endeavor, characteristic of KEXP's values, Transistor IPA is brewed using the finest malted ingredients, brewed from Vancouver (WA) hops from Yakima Valley (WA), yeast from Dabb (OR), and some of the nation's finest brewing water from the Spoke Waterfall in the Cascade Mountains. The label and packaging were designed by Dana Narciso, co-founder of Lakuna Design and illustrator for Transistor House.

2009

Visioning begins for the New Home

2010

KEXP submits budget proposal for the new building in old Fun Forest location

2011

KEXP is offered Northwest Rooms as alternative to Fun Forest site

NOV 2012

Campaign feasibility study concludes

DEC 2012

First fundraising gifts received

JAN 2013

Design of KEXP's New Home begins

2013

First Superconductors party

2014

ALL-IN: THE RALLY FOR KEXP'S NEW HOME

SEP 2015

TRANSISTOR IPA

DEC 2015

Mooring Day and first on-air broadcast in New Home

APR 2016

GRAND OPENING

JUN 2016

Construction campaign concludes

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Legal Voice Capital Campaign Materials





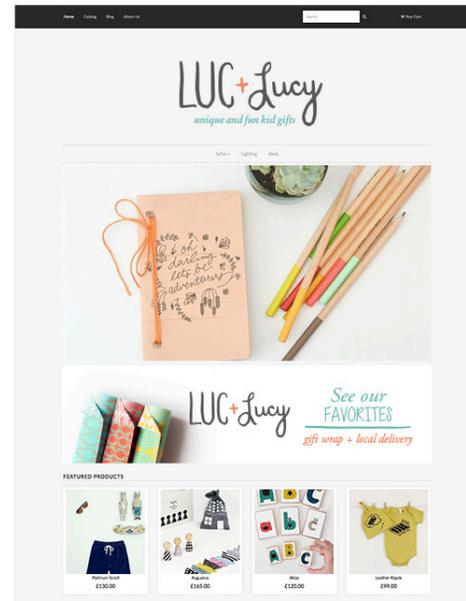
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LUC+Lucy

unique and fun kid gifts

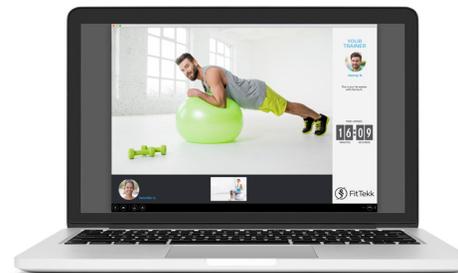
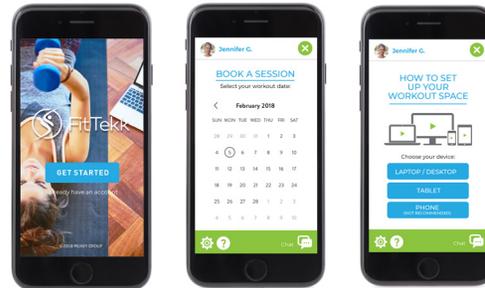


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Live remote personal fitness training from anywhere.

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Why FitTekk?

Motivation

Personal attention

Flexibility

"Strength does not come from physical capacity. It comes from an indomitable will."

— Mahatma Gandhi

Come join us!

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Misc Logo Designs

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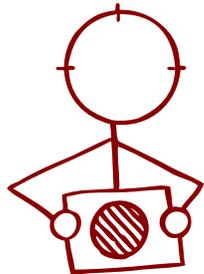
tarsha@trockdesign.com



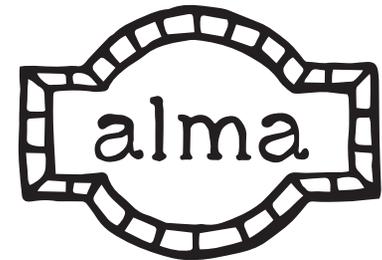
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