



Last  
minute  
Gift  
Giving  
Guide  
for Him  
& Her

# FemaleGang

**HEALTH & EXERCISE TIPS**

**Women's Sexual Health**

**The Secret to being a stay at home Mom**

**Holiday Treats**

**Female Empowerment**

**Meet the Founders**

# All About the Brand!

We come from a profession where lifting up others is so important. As an educator your job is inspire and teach the youth, but what you don't see is the group of educators coming together to make this job possible, in this case mostly women. We have learned through education that a community of women is far better than a woman standing alone. This passion for encouraging others has lead us into the brand we love today! We are women continuing to inspire and bring positive energy to others! We wanted to start a brand that empowers the inner boss babe that every women has! Whether it be a teacher, a mom, a business women, an entrepreneur, we want to be there to celebrate your accomplishments & support your goals and dreams! We wanted to create a brand of shirts that scream "I am a badass". This brand represents more than a shirt but a GANG of fierce women who can do it all! -Haylee Hehl & Elizabeth Horton



# CEO Boss Babes

Haylee Hehl is the Founder of The Rock Glove and Co-Founder of FemaleGang. With the dream to become a motivating #femaleboss, Haylee's vision is to empower females to embody their talents and strengths. She aims to enrich love and beauty while encouraging the healthy and fit lifestyle. In 2014, she first envisioned combining her fashion flair and active lifestyle into the design of, The Rock Glove. "Fashion meets Fitness" is The Rock Glove style of living, as it embodies a passion for fitness, while still enjoying the finer things in life. Later, she continued her passion of fashion and empowering females and founded FemaleGang. She hopes to create a movement of empowerment through this line and inspire as many females both young and old to follow their dreams.



Haylee Hehl, 28



Elizabeth Horton, 29

Elizabeth Horton is the cofounder of FemaleGang, an educator, world traveler, and mother of a busy 2-year-old boy. It all started with a call from her bestie and a heartfelt discussion to start something new, exciting, and classically feminine. This aligns perfectly with Elizabeth's passion for adventure and desire to inspire. Here was a chance to encourage other moms to create their own side hustle, a chance to start a business and be a part of the movement for women's empowerment. With this venture she hopes to represent the ultimate female entrepreneur, wife, and mother. "FemaleGang is a dream come true because it fulfills my hopes of creating a line that builds women up during a time when being a working woman is more important than ever." Most importantly, she says, this is an opportunity to form an individual definition of happiness and go for it!

# Who is a Mom Boss?

I am so honored to have been chosen by the Female Gang to represent a job that many of us take on: Mom Boss. Who is a Mom Boss? A Mom who gives her all in everything she does. For some moms this means working all day and coming home to cook, clean and help kids with homework. For others it means staying home all day and keeping up with house chores, meals and raising the kids.



Miguel, 3 yrs. old  
Mateo, 7 months

Personally I fall somewhere in between the two. While I stay at home during the day with my two little boys I also work a few nights a week. Why? Because I love my job! I love that I can do both. I think a very important aspect of being a Mom Boss is being happy! Find out what it is that makes you happy; you need to be able to be content to be able to give your spouse, your children, your co-workers, employers, etc. your best self. For some that happiness may come from binge watching a Netflix show, for others it might mean having a monthly outing with girlfriends, or working out a few days a week. I think it is so important to find that balance. Just because you are a mother does not mean you need to lose your identity, you are also an individual. An individual who has needs, wants and desires. As much as I love being Miguel and Mateo's Mommy, I am also a wife, an athletic trainer, a daughter, a sister and a friend. Be the best Mom Boss you can be by knowing you're a Mommy AND so much more! Looking forward to sharing how I balance it all.

-Gabby Arbelaez

Hey gang,

# Holistic Health & Wellness

To think less than eight months ago everything was different.

I lacked true confidence, focused passion, and fire in my soul. I was “happy” and “passionate” on a surface level, but I lacked the spark of a real purpose that would soon change everything.

I’ll say this over and over, but the second you open yourself up to receiving abundance, joy, and the life changing gift that the world picked for you... everything will change. I mean everything.

Your smile will become brighter, your ability to communicate purposefully will surprise the shit out of you, and your drive to push through any situation will light your soul on fire.

I healed my body from the inside out, and through my own transformation I discovered the beginning of my journey to changing the world.

It’s not perfect, I don’t know exactly where I am going or how it all will evolve. But, you better believe started!! 🦅

My name is Rachel Brea, I am a indecisive hotmess turned Lifestyle Entrepreneur and Holistic Wellness Advocate. I love a good collaboration so holler at ya girl!



Rachel Burns, 28

Instagram: Rachel\_brea

# RUSHOUR PICKS

My name is Nicole Rushton and I am the content creator for RUSHour Picks, a fashion and lifestyle blog. My goal with RUSHour is to inspire you to stay true to yourself and help find whatever pieces make you feel beautiful without breaking the bank. Your outfit choices can say a lot about you – let's make you shine!

It's the most wonderful time of the year! The turkey hangover is beginning to wear off and we are now kicking it into high-gear to close out a very quick year (IMO). If you did not partake in the Black Friday madness, there are still plenty of deals to sift through and my goal is to make this a bit easier for you -whether you are shopping for a friend, family member or loved one, there is something for everyone! Please see my Gift Giving Guide for Her and for Him. Have fun shopping, my gals!

Please visit my website, [RUSHourpicks.com](http://RUSHourpicks.com) or follow me via Instagram @Rushourpicks to learn more!



Nicole Rushton, 30

# Giving for Him:

For the Well-Groomed Guy: <https://rstyle.me/n/dbs5rfchjb7>

For the Budget Friendly Watch Lover: <https://rstyle.me/n/dbs5snchjb7>

For the Music Lover: <https://rstyle.me/n/dbs5t6chjb7> OR <https://rstyle.me/n/dbs5techjb7>

For the Commuter: <https://rstyle.me/~aHV3H>

For the Guy Who Appreciates Fashion But Cannot Find the Time to Shop: <https://www.trunkclub.com/onboarding/mens/motivation>

For the Coffee Drinker: <https://rstyle.me/n/dbs5xkchjb7> AND/OR <https://rstyle.me/n/dbs5x3chjb7>

For the Guy Who Loves Craft Beer: <https://rstyle.me/n/dbs539chjb7>

For The Guy Who Needs An Upgraded Cooler: <https://rstyle.me/n/dbs55achjb7>

For the Guy Who Loves Golfing: <https://rstyle.me/n/dbs553chjb7>

For the Guy Who Smells Like a Snack (or needs to): <https://rstyle.me/n/dbs56ychjb7>

For the Whiskey Drinker: <https://rstyle.me/n/dbs57dchjb7>

For the Wine Drinker: <https://rstyle.me/n/dbs57wchjb7>



# Giving for Her:



Candles for Her: <https://rstyle.me/n/da83buchjb7>

Birthstone Necklace: <https://rstyle.me/n/dcgya6chjb7>

For an Ornament Exchange: <https://rstyle.me/n/dbc792chjb7>

For the Coffee Drinker: <https://rstyle.me/n/dcghxwchjb7>

For the one who is "Always cold": <https://rstyle.me/~alAg1>

For the traveler: <https://rstyle.me/~alAg7>

For the BFF: <https://rstyle.me/n/dcggdnchjb7>

For the Wine Lover: <https://rstyle.me/n/dcgf5mchjb7>

The one who loves slippers: <https://rstyle.me/n/dcggbkchjb7>

For a night cap: <https://rstyle.me/n/dcgc2gchjb7>

For the beauty obsessed: <https://rstyle.me/n/dcgc3kchjb7>

For the Bubble Bath Lover: <https://rstyle.me/n/dcgc45chjb7>

For the beauty lover: <https://rstyle.me/n/dcgcifchjb7>

For the Organized Gal: <https://rstyle.me/n/dchwdkchjb7>

# Cooking with Chef Phyl

Hello beauties! My name is Phylisha Munroe and I grew up in Lutz, FL. I graduated from the University of Central Florida (National Champs woo!) I currently reside in St. Petersburg, FL with my 12 year old boglen terrier, Coco.

I started cooking when I was about 13 years old- my mom taught me all the basics. But, my passion for food didn't develop until after college. I worked a stressful job at the time and would come home and binge watch Food Network to relax. Shows like top chef, chopped, and Beat Bobby Flay really inspired me to try new things in the kitchen. So I started to challenge myself to recreate what I saw on tv or on Pinterest. I've always loved food, and being able to plan, create, and execute new meals became an incredible outlet for me to relieve stress after a busy day! The part I enjoy most (aside from the eating) is seeing my ideas come together on a plate from start to finish.



It's truly empowering to feel like I have a gift that I can use to nourish myself and others, while expressing my creative side. Not everything turns out perfect, Its an ongoing joke with my family that I can roast an entire chicken, but I can't make rice, but I'm working on that still! To my friends out there that are scared to get in the kitchen: start slow and simple and celebrate little victories, the internet is your friend, and don't forget to season your meat!  
- Xo "Chef" Phyl

# Red Velvet Macarons

## INGREDIENTS:

- 1 cup almond flour
- 3/4 cup powdered sugar
- 1 tbsp cocoa powder
- 2 large egg whites
- 1/4 tsp cream of tartar
- 1/4 cup granulated sugar
- 1 tbsp red food coloring
- You can use whatever you'd like as a filling- my favorites are cookie butter, Nutella, or Cream cheese frosting
- Silicone baking mat for macarons (I ordered mine on amazon)

## DIRECTIONS:

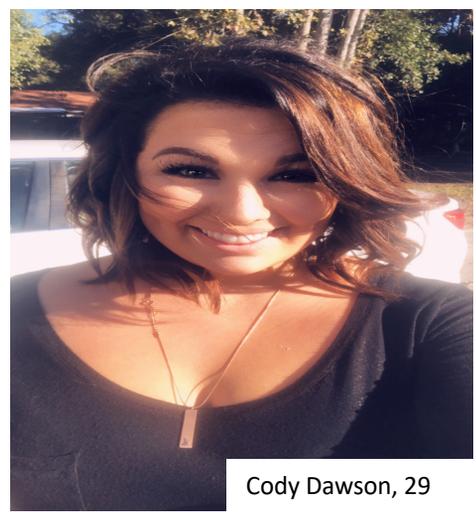
- 1) Sift together the almond flour, powdered sugar, and cocoa powder in a mixing bowl. You want to make sure there are no lumps in the mixture.
- 2) In a separate bowl, use an electric hand mixer or a stand mixer on medium speed to beat the egg whites and cream of tartar together until white and foamy. Once the mixture starts to foam you'll want to increase the mixer speed to high and continue to beat the egg whites while gradually adding the granulated sugar a tablespoon at a time.
- 3) Beat egg whites until thick, shiny, and soft peaks form. It should resemble the same texture as shaving cream. Mix in the red food coloring at high speed.
- 4) In two additions, gently fold the dry ingredients using a rubber spatula into the egg whites until batter forms.
- 5) Use a piping bag or Gently scoop out a tablespoon at a time onto a baking sheet LINED WITH A SILICONE BAKING MAT. Tap the baking sheet on the counter gently to release any air bubbles. Allow to rest for 15-20 minutes, until a film has formed over the batter (you should be able to gently touch them without batter coming off on your finger).
- 6) Meanwhile preheat the oven to 300°F.
- 7) Bake macarons for 18-20 minutes (they should not look wet on top). Let cool completely before using a spatula to transfer them to a wire rack
- 8) spread the cookie butter or your favorite filling and sandwich together.



Ok, we all say it every year-  
NEW YEAR NEW ME.

Let's switch it up a little bit. Same  
phrase, different meaning.

# Sexual Health



Cody Dawson, 29

This year, instead of unrealistic expectations and setting standards out of reach, let take a new approach. Why not reward yourself for how far you've come. Live in the treat yourself mindset. Let's face it, women are the reason this world turns. Start treating yourself that way. You deserve to feel amazing every day. Think of all that you have accomplished, all that your body has done for you. Now show it some appreciation.

We live in a fast paced society where we are constantly reminded that were not enough. **YOU ARE ENOUGH.** You are a badass. And you deserve more. Take a moment and reflect.

Think of the last time you were on the receiving end of a sensual body massage.

When was the last time you bought brand new lingerie and felt sexy, even for just a moment.

Think back to a time when you allowed yourself to indulge in something you really wanted - and remained guilt free.

When was the last time you were involved in a completely intoxicating, unforgettable sexual experience?

Don't let these moments slip away. Don't forget that you deserve every single one of these, and often. You're a woman. And women rule the world.

It's time to take back the reins on your happiness and self-worth. Make more things about YOU. Don't be afraid to try new things or partake in self discovery and awareness. Don't depend on someone else to heighten your senses. You know yourself and your body better than anyone. So slow your roll, appreciate yourself and don't forget self love.

The "Women's Sexual Wellness" topic has never been given the time it deserves. **UNTIL NOW.** I am so proud to be a part of a movement that educates and empowers women all over the world.

The fact is- sexual "advice" and "tips and tricks" have always been geared towards pleasing men, You never see the cover of Cosmo read: "How To Give Yourself The Greatest 'O' In The World!" or "Common Sexual Struggles Among Everyday Women".

Truth be told, women everywhere are experiencing normal struggles within their sex life with nowhere to turn for real life advice.

Our generation is suffering a sexual health crisis among women. As a sexual wellness coach, I have had the honor of guiding many individuals and couples in last ditch effort situations to make a complete 180. I'm talking about rescuing doomed relationships. My job is to earn the trust of each client and begin pointing them in the right direction of products. These products range from everyday body creams, enhancer, lubes, and lotions- to straps, cuffs, swings and anything that goes **BZZZZZZZZ.**

If you're reading this thinking this isn't for you- then you're probably most in need.

Remember that there is nothing shameful about sexual health and wellness. So keep in mind that at any given time, your friends, co-workers, neighbors, nail lady, bible study leader, bank teller, sister-in-law, and mostly your boss- are also trekking through their own sexual journey. We all have questions and we could all benefit from some guidance every once in a while. That is what I'm here for. Welcome to the judgment-free zone, where all of your concerns are heard, validated and then exchanged for a solution.

# GET FIT

Fashion meets fitness. Visit [www.therockglove.com](http://www.therockglove.com) for featured workout gloves.

@therockglove



## Leg

## Workout



### Side-to-Side Band Walks

This is your warmup!

- 12 each way



### Leg Extensions

- 4 sets of 12

Superset: High Knees for 1 min



### Bench Step-Ups

- 4 sets of 12

Superset: High Knees for 1 min



### Machine Split Squat

- 4 sets of 12

Superset: Jump Squats for 1 min



### Squats

- 4 sets of 12

Superset: Runners Jump for 1 min



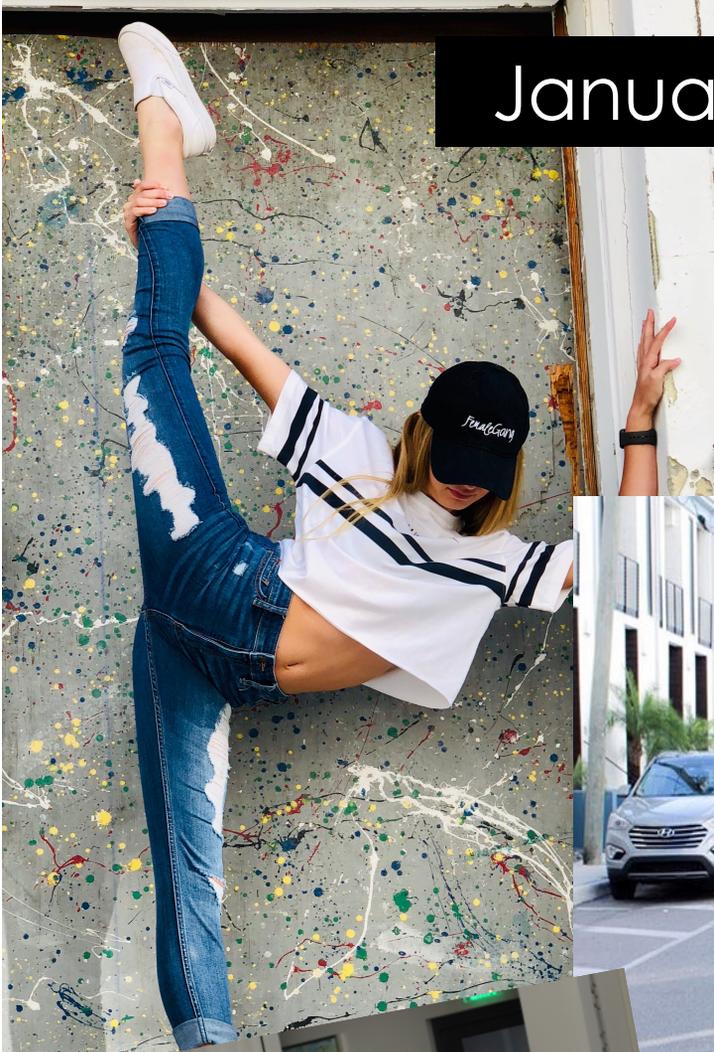
### Sumo Squat

- 4 sets of 12

Superset: Runners Jump for 1 min

# January Launch

PROMO CODE: FGMAG10



**The NOW is Female** available in all styles. See site for sizes & colors. Use promo code for 10% off at check out.

[www.therockglove.com/shop](http://www.therockglove.com/shop)