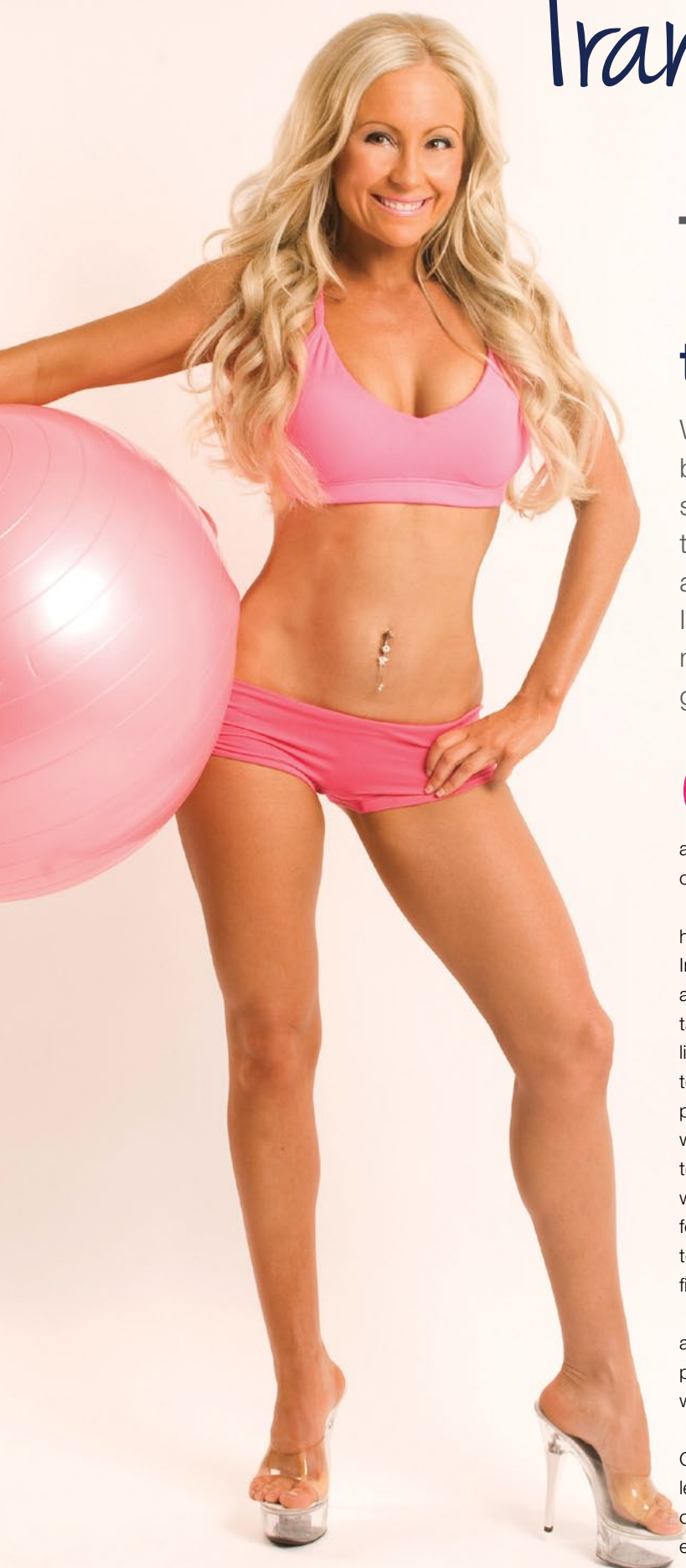


Transformations

By Michelle Nazaroff



Transform the mind & the body

Whoever said you cannot be a successful business woman and a sports modelling sensation has not yet met Clare Robins... I want to share her testimonial with NewYou readers as I am sure all busy women will relate to it and I hope her story and admirable willingness to make consisted changes on a daily basis will give you the inspiration to take action TODAY.

Clare is a top Real Estate agent from Ray White and was a complete workaholic. Although she had achieved high goals in her career, she wanted a physical challenge and always had a burning desire to step on the sports modelling competition stage.

Like many people, Clare had never followed through with her physical goals as she simply allowed her work to take priority. Inevitably, this workaholic lifestyle played havoc with Clare's health and vitality. Since her profession was highly stressful and mentally taxing, the foods Clare resorted to were fast, comfort type foods like cookies, chocolate, cheese burgers and takeaway meals to name a few. These types of nutrition gave Clare short term pleasure but long term pain as they are high calorie and fast acting within the body, but totally bereft of the proper nutrients needed to feed Clare's trillions of cells daily. Naturally, this nutrient deficit within Clare's body manifested itself in weight gain, muscle loss, feelings of anxiety and an inability to handle the stress connected to a high pressure career, let alone achieve her ultimate health and fitness goals.

Deep down, Clare knew that massive and sustained action was required if she wanted to enjoy continued growth professionally and transform her body into a living testament of wellness and vitality.

As always, Nazafit revelled in the challenge of working with Clare eventhough Clare's work schedule was gruelling to say the least. We incorporated weight training and cardio sessions part of Clare's daily workday. These sessions were diarised like real estate appointments and they were a 'MUST' not a 'SHOULD'. In additionally Clare was educated on the importance of fuelling her

body and mind with live bio-available nutrients and a holistic live food plan was designed for her with the emphasis being that it needed to be functional, fast and tasty.

As soon as Clare adopted these changes her body responded fast but the most exciting thing was the dramatic mental shift. Not only was her body transforming before her eyes, her state of mind and self-confidence became stronger and she was able to cope with her high pressure job more easily.

Clare went from 26 percent body fat to 20 percent body fat in under 12 weeks and she became a sports modelling sensation.

CLARE'S TAKE ON HER TRANSFORMATION

I have worked with Michelle Nazaroff and the Nazafit team online for almost a year now and when it comes to diet and training I wholeheartedly recommend their approach. Michelle is a rare find and I feel so blessed to have benefited from her holistic approach to help me balance life, work and health.

Michelle is someone who is motivates, is super knowledgeable and genuinely cares about your health, goals and success. Not only has my body been transformed; my state of mind and self confidence knows no limits thanks to all her time and patience. I shudder to think of how I used to eat and train and I'm so excited to be on the path I'm on with Nazafit.

Michelle clearly enjoys her work and I follow her advice religiously and therefore get RESULTS. I know Nazafit are genuinely thrilled with how far we have come together. I am so excited to have placed 3rd in Sportsmodel QLD INBA at my first competition and I am now heading to Nationals in Australia. This is something I never thought I would have had the courage to do, and would certainly not have achieved without the expertise Nazafit provides.

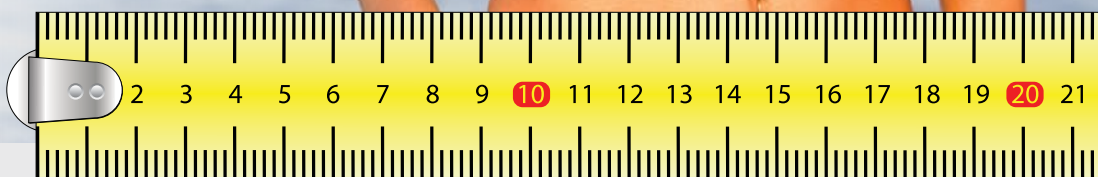
Let me tell you honestly, if I can fit training in anyone can although having Michelle on your case has been vital. By encouraging me to put myself and health first, Michelle has strengthened me physically and mentally. Paradoxically, now that my confidence is higher, even my real estate career has improved. I'm healthier and happier because of their ongoing support. I cannot speak highly enough of Michelle Nazaroff and her priceless life changing service...She's worth her weight in gold. ■

Get Fit From Within

Michelle Nazaroff

www.nazafit.com.au

michelle@nazafit.com.au



Comparison Side



Comparison Front