

MAYA

NASSAR MAALOUF

Fitness Entrepreneur



My name is Maya and people mostly know me as....
That girl who's always at the gym.

Three adjectives that describe you best
Happy, outgoing and spontaneous

What makes you deliriously happy?
Being with my family and friends and having a good time.
I really believe the best things in life are for free!

Wardrobe by **Decathlon | Gap** • The Look on Skin by **Woojooh** • Hair by **Pace & Luce** • Visual Artist **Saad Zaal Salloum**

Most guilt-worthy cheating meal?

When I have a cheat meal, I go all out! I start off with an unhealthy starter, then move onto pizza or pasta and have a rich dessert to finish off with. I'm obsessed with pain perdu!

Who is your fashion icon?

Beyonce is my fashion icon. I think she always looks fabulous! I wore the same dress that she wore to the Golden Globes to my sister's wedding. The dress was designed by Elie Saab.

What is your favorite fashion trend of all time?

My favorite fashion trend would be chic and sporty clothes! I love trendy gym wear that you can work out in and that you can also wear to go out during the day.

If you were able to switch roles with one person for a day, who would it be? And why?

It would be Michelle Obama! I believe she is a powerful woman who really brings positive change to the world. I would love to experience being her for the day.

If you were given a choice to eat one type of meal for the rest of your life, what would it be?

It would be Italian! Before I took on my healthy lifestyle, I literally lived on pasta and pizza. It still remains my weakness to this day.

What surprises you about people?

I learnt that everyone has a story to tell and that you can always learn something new from each individual. You should never dismiss anybody for everyone can add value to your life.

Title of a song you'd shamelessly sing when nobody's around.

Anything by Celine Dion. I'm a diehard fan of her music and would only sing her songs in private because she sings quite high pitch and I have a terrible voice!

What would be a great misconception that you'd like to dispel when it comes to fitness?

That weightlifting will make women masculine. Many women to this day falsely believe that they will become bulky or masculine if they train with weights. I always tell them that this is incorrect and that a woman does not have enough testosterone to bulk up the way a man does. The female bodybuilders that they see all take steroids and anabolic drugs to look that way. The best way to shape, tone and lose fat is through weightlifting.

What is your spirit animal?

An eagle because I am adventurous and I like to travel and explore far countries.

What is Flair to you?

BEING FABULOUS
IN YOUR OWN
UNIQUE WAY.

