



Tabitha Dziedo
Adelaide,
South Australia
 Height: 168cm
 Weight: 62kg

Cardio or weights: Weights gal all the way! I find I become bored with cardio very quickly. I love seeing the changes in my body from weight training and it's so rewarding hitting a personal best with either higher weights or higher repetitions from a certain weight. BUT I will always find time to fit in some cardio to help keep my body at a point that I love.

Balance: I am quite an organised person so I do like to have a set routine each week for work, fitness, study - and I will always include free time for myself and family. I do try to change it up as often as I can so I don't get bored. I also use this as more of an outline for my week rather than being so strict. Things happen that we don't expect so we also need to be flexible.

Favourite treat: I really try to keep my cheat meals to once a week. This normally turns into date night with my partner so it could end up being anything! But if I really had to choose my favourite, it would have to be the Kilpatrick Chicken Schnitzel from our local pub and anything with chocolate for dessert.

Now and then: Since starting a healthy lifestyle years ago, I regained my energy and my health. I even carried my healthy habits into pregnancy and having the knowledge of what works, helped me release my baby weight once my daughter was born. Fuelling my body with proper nutrition is a non-negotiable! She has energy all day long and I need to not only keep up with her, but enjoy this special time.

First training session: I actually hired a personal trainer for three sessions just to feel more comfortable in the gym. I wanted to be more confident when lifting and learning which machines worked the different muscle groups. I never really had a gym partner during my weight loss journey, other than lifting with my boyfriend (now husband) Kent.

Motivation: I love setting new goals to hold myself accountable. My husband and I like to train for a fitness couple's photo shoot at least once a year. These are photos we use in our health and wellness business and mainly just to show our progression year-to-year. I believe fitness is a fountain of youth and we look younger now in our 30s than we did in our 20s.



Maya Nassar
Bsalim,
Lebanon
 Height: 168cm
 Weight: 60kg

Role model: Tom Venuto is a bodybuilder who wrote a book that changed my life. I consider him to be a role model as he is a motivational speaker and empowers others to believe in themselves and create the best version of themselves.

Best advice: Don't drink your calories! This is one quick and easy way to lose weight without even trying.

Future plans: I have plans to franchise my gym across the Middle East and also to compete this year again since having my son. ○



Kelsey Byers
Houston,
Texas
 Height: 177cm
 Weight: 65kg