

Maya Nassar The Bikini Babe on a **Mission**

Would you believe it? Lebanese 'Bikini Babe' champion and fitness model actually started her career with a tough struggle with weight loss during her teenage years. After going on a strict training program and diet, she managed to loose 20 kilos and reduced five dress sizes, becoming the stunning model we see today. Maya has won a number of fitness awards and is now a leader in fitness, wellbeing and lifestyle as well as a certified sports nutritionist and personal trainer. Maya also created the Start Living Right fitness application. She also hosts the MTV Lebanon show, Get Fit. Inisight meets with the beautiful and currently pregnant fitness expert to get some valuable advice on how to stay fit and well during pregnancy and Ramadan...

