

# 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.

