

MAYA NASSAR

Having an interview with Maya Nassar international fitness model champion, fitness entrepreneur, certified specialist in sports nutrition and personal training. We learned about her great transformation, successful sports career, and determined way to reach the heights.



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Why did you decide to choose fitness as a career goal and main hobby for yourself?

Several years back I was extremely unhealthy and did not take care of myself, as a result, I gain a lot of weight to the point that I became overweight. I was fed up with being unhealthy and insecure so I decided to do something about this. After changing my diet and starting going to the gym I lost all the weight, plus more. This new lifestyle made me extremely happy, healthy, confident and fit. I developed a huge passion for fitness and decided that I wanted this to be my full-time career. I have a passion for helping other people and it was extremely rewarding to help others achieve the same goals that I did by sharing my story to inspire them.

What skills according to you are necessary to become a successful athlete?

I think discipline and dedication. You have to set challenging goals and take steps to achieve them. You need to train very hard to be in your best shape and never skip a training session. Your diet is also extremely important. Finally, a successful athlete needs to have a good attitude. Sometimes you may win and sometimes you will lose. An athlete should see losing as a chance to improve and to get better. We learn from our mistakes and this is our opportunity to do better next time.

There is no doubt that you have already helped a lot of people to lose weight, get their ideal shape and reach new heights in fitness. But who and which things were your inspiration?

My source of inspiration came from a bodybuilder named Tom Venuto who wrote a book that I read which really changed my life. I was very inspired by the author's story and wanted to reach the same goals that he did. Aside from this, I am inspired by my kids and want to set an example, encourage them to do sports. Taking care of myself also means that I will stay in shape and will hopefully play with my grandchildren one day without anyone else's help.



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You are also an international fitness model champion. Tell us how did you get THERE?

After losing weight and becoming healthy, I wanted to set a more challenging goal and this was to start competing internationally. I wanted to go from being too insecure to walk on the beach to stepping on stage in my best ever shape. It took a lot of hard work and preparation as these competitions do not exist in Lebanon and I did not have all the specialized trainers. I researched and did my best to start. At my first competition, I did not win. Instead of giving up, I learned as much as I could and said that I would try again a year later, but will come back stronger. I learned from my mistakes and knew what I should do differently. The next year, I ended up winning first place and I have been competing ever since.

Say something about your background? How did you discover your true interest in life?

I am very multicultural. I was born in the United States and have a Dutch mother and a Lebanese father. I grew up in Nigeria and have also lived in England and in Lebanon. I believe that because I have been exposed to different cultures, this has made me humble and helped me to appreciate people who are different from myself. Your background plays a role in your interests and helps you discover your passions.

And the last but not the least question about the future. Where do you see yourself in the next 10 years?

I hope to see myself as a successful business owner and mother with a healthy balance between my work and my family. I am currently pregnant with my third child, a baby girl and have plans to open a third branch for my gym. I also have an online shop where I sell online coaching and will soon sell e-books for pregnant women to help them stay in shape during their pregnancies. I also hope to expand on my online platform so that I can reach even more people and help them live a healthier lifestyle.



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