

“ I met Kristina first time when we both competed together as fitness bikini athletes for IFBB/UKBFF federations. Very quickly we become very close friends and when we both left competing days behind us to focus on a journey becoming mothers for the first time our friendship blossom even more.

Being a professional athlete means always being in a best physical shape and after pregnancy it was very difficult for me to accept my new body, I struggle a lot with my new identity and as I was full time looking after my baby girl. I could not go to the gym anymore and home workouts felt like absolute waste of time.

I found it hard to found motivation and when Kristina invited me to join Fit&Fab challenge I jumped on this amazing opportunity straight away.

This challenge totally transformed the way I start looking at home workouts, before all I knew was gym, I could easy fit workout in my every day routine, they was fun but very effective, you don't need a lot of equipment, great support from Fit&Fab community helps you to stay on track and give you extra motivation.

Meal plan was very easy to follow, options to swap food around and never stop support from the coach together with easy to understand explanation everything you need to know about meals, food, supplements and workouts. In 6 weeks I've lost 10kg of body fat & gain mine copnfidence back. Feeling mentally and physically stronger again. On top of that I've won £250 that I've donated to the charity.

Anyone looking to change the way they look and feel for better, start not a diet but change the whole attitude towards eating habits, get extra motivation and support from other women who work full time or busy looking after children or doing both at the same time have to join this amazing challenge.

Big thank you to Kristina for making me believe in myself again. “

