

# Venezuelan Mom of Four Transforms Health and Wellness Landscape for Women

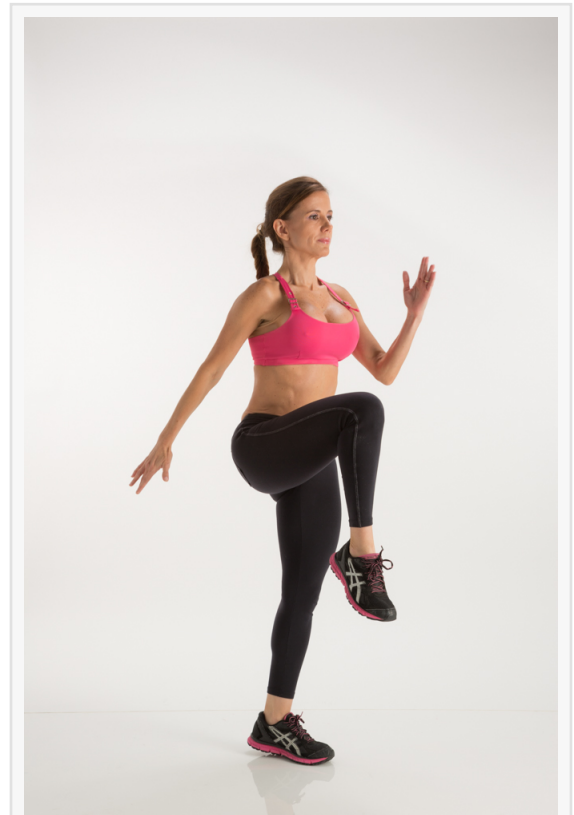
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[/EINPresswire.com/](#) -- The global wellness industry has created a major shift in the way women, particularly Latin women, are putting their health and wellness first. Getting in shape is a journey, and [Adriana Ramírez Sánchez](#) is a physical [fitness](#) companion and guide to women around the world, along their path to inner strength and complete health. As a fitness trainer, personal coach, and high energy motivator, Adriana knows what women need to drop the Yo-Yo diets and accomplish their weight goals.

Three in five Americans believe gyms will become a thing of the past because of the COVID-19 pandemic, according to new research published in the New York Times. Most recently, 59% of Americans surveyed said they don't plan on renewing their gym memberships once the pandemic is over. The great majority pointed to the effects of the pandemic, resulting in the affordability of working out at home. From the comfort and safety of their own homes, most Americans have discovered ways to get exercise and live a healthier lifestyle, and that is where Adriana comes in. The statuesque brunette beauty, with a purpose of transforming your body into a healthy you, is taking the market by storm.

Adriana Ramírez Sánchez, CEO of [MO4T®](#), Venezuelan-based mother of four, is debuting her MO4T® platform to reshape moms all over the globe. Recognized on social media as Mom of 4 Transform (MO4T), Adriana is a fitness and sports medicine specialist, Magna Cum Laude, graduated from Keiser University, USA. A devoted mother of 4 amazing boys, she is a fitness enthusiast with a heart to change lives one body at a time.

MO4T®, a pacesetter in the healthy lifestyle revolution in America, uses the power of social media to inspire thousands of health enthusiasts to create the healthy life and body they want. Through Adriana's own testimony launched [#RETODIVERTIDO](#), where she tells of her own weight



Adriana Ramírez Sánchez, CEO of MO4T®,

loss struggles after delivering her fourth child. Unhappy with her weight and the glimpse of her reflection in the mirror, six years ago Adriana made a New Year's resolution that was the catalyst to her significant life change. In just 12 weeks, Adriana had structured a fitness plan that enabled her to create the life and body she wanted, through hard work, perseverance, and discipline. "I help women around the world be their best version from inside out through exercise, motivation, and nutrition," reflects Adriana.

Ramírez Sánchez is passionate about helping women around the world, particularly Latin women, experience the very best version of themselves, beginning from the inside to the outside. Through exercise, motivation, and beauty tips, MO4T® is revolutionizing the health and wellness industry. Adriana, a sought-after television personality, has collaborated with many major magazines and media outlets.

Adriana Ramírez Sánchez

MO4T®

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