

M2 ProDesign Fitness Influencer Program: Up Close and Personal Life Transformation

LONG BEACH, CA, UNITED STATES, July 17, 2023 /EINPresswire.com/ -- M2 ProDesign LLC, a leading company dedicated to empowering young women in the fitness professional space, is proud to highlight one of its exceptional team members, Saadia, and her remarkable journey of personal transformation through the program.

Saadia, a devoted mother, army, and war veteran, and passionate fitness professional, found her calling in fitness long before her experience with

her first NPC bikini competition in 2018. The discipline and mindset required to reach the competition stage have become invaluable skills she now applies to her personal and professional life. As a female trainer and a mother of two toddler boys, Saadia understands the challenges of balancing motherhood with personal and career aspirations. Through her own journey, she strives to be a positive role model for her boys by embracing a healthy and balanced lifestyle.

Saadia's love for fitness was deeply influenced by her father, who instilled in her the importance of physical fitness from an early age. Her father, an athlete in school and a retired US Army serviceman, always believed that "the fountain of youth is in the gym." Witnessing her father's dedication to fitness, Saadia developed a passion for it while serving in the US Army. Not only did she witness the physical transformations, but she also experienced the positive impact of fitness on her mental health and overall well-being.

"Fitness became a non-negotiable in my life, not just for appearance but also as a means to overcome mental health challenges," says Saadia. "I realized how fitness can help individuals overcome traumas, addictions, and other health issues. My love and passion for fitness grew from there."



M2 ProDesign Team

With a master's degree in psychology and over 16 years of experience in higher education, Saadia brings a wealth of knowledge and expertise to her fitness career. However, the birth of her second child made her reevaluate her priorities and the value of her time. With a desire to pursue her passion for fitness and helping others, Saadia made the courageous decision to transition into a more flexible schedule and dedicated herself to her true calling.

While entrepreneurship requires perseverance and patience to build a strong client foundation, Saadia's confidence in her decision was reaffirmed when she witnessed her clients experiencing tangible results and personal growth under her coaching and guidance.

"I am excited to see the future of my fitness career. I aspire to grow as an influencer and role model for young women," shares Saadia. "I strongly believe in the power of mentorship, and I want to pass along the wisdom and guidance I have received from my mentor, Emile, at M2 ProDesign LLC. The journey to fitness is as mental as physical, and I am committed to helping others achieve holistic well-being."

M2 ProDesign LLC is proud to have Saadia as a valued team member, representing the transformative impact of its fitness influencer program. With her passion, knowledge, and dedication, Saadia is poised to inspire and influence countless young women on their own fitness journeys.

For more information about M2 ProDesign LLC and its mission to empower young women in the fitness professional space, please visit their website at www.m2prodesign.com.

About M2 ProDesign LLC

M2 ProDesign LLC is a leading company dedicated to empowering young women in the fitness professional space. Founded by Emile Jarreau in 1988, the company focuses on providing mentorship, guidance, and physical training to aspiring fitness professionals. With a commitment to personal growth and empowerment, M2 ProDesign LLC transforms lives and helps individuals discover their full potential.

Emile Jarreau

www.M2ProDesign.com

+1 562-453-7510

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