

Influential Women Recognizes Tanya Huglife, Founder & CEO Of Your Body Can LLC, For Impact In Holistic Health

BROOKLYN, NY, UNITED STATES, August 13, 2026 /EINPresswire.com/ -- Belarus-Born Entrepreneur and Health Coach Helps Individuals and Families Build Sustainable Health Through Personalized Nutrition, Fitness, and Lifestyle Strategies
Brooklyn, New York — Tanya Huglife is a Belarus-born entrepreneur, Founder and CEO of Your Body Can LLC, holistic nutrition strategist, health and fitness coach, and mother of four whose professional mission grew from one of the most difficult periods of her own life.

After an autoimmune condition left her living with chronic pain and struggling to walk, Tanya began rebuilding her health through nutrition, movement, and lifestyle changes. What started with small steps eventually led to a remarkable personal transformation. She lost nearly 76 pounds without stepping foot to a gym, regained her strength, and went on to become a two-time National Qualifier in Bikini Bodybuilding later.



That transformation ultimately became the philosophy behind the company she would build: Your Body Can.

Today, Tanya works with men, women, children, and families, although the majority of her clients have historically been women. Her approach is personalized rather than one-size-fits-all, taking into consideration an individual's health history, lifestyle, nutrition, symptoms, goals, risk factors, and available health data working closely with doctors, if necessary, for the client.

As a Certified Autoimmune Holistic Nutrition Strategist, Health Coach, Personal Trainer, Weight Management Specialist, Fitness Nutrition Specialist, and accredited Pre & Postnatal Fitness and

Nutrition Professional, Tanya focuses on helping people better understand their bodies and build sustainable habits around nutrition, movement, weight management, and overall wellness.

Her work has included individuals dealing with chronic inflammation, autoimmune conditions, arthritis, high blood pressure, high cholesterol, cardiovascular risk factors, diabetes and insulin resistance, erectile dysfunction, excess weight, metabolic concerns, and other chronic health challenges. Rather than positioning nutrition and fitness as replacements for medical care, Tanya focuses on the lifestyle factors people can influence every day to support their health and quality of life.

Her path into health and wellness, however, began far from the fitness industry.

Before founding Your Body Can LLC, Tanya spent approximately a decade working in corporate finance and the international trading and investment industry. After coming to the United States from Belarus at 17, she worked multiple jobs while attending college, at times balancing three positions and working as many as 75 hours per week.

She eventually built a career in the highly competitive world of financial markets, gaining experience in trading-floor environments, investment operations, and corporate finance. The demanding pace developed the discipline, analytical thinking, resilience, and ability to perform under pressure that would later shape her approach to entrepreneurship and health coaching.

Her trajectory changed after becoming a mother of four. As her autoimmune health challenges became increasingly debilitating, continuing in the demanding corporate environment was no longer sustainable.

Stepping away from the career she had worked so hard to build was difficult, but it ultimately became a turning point.

Tanya began studying holistic nutrition, fitness, and lifestyle strategies while working to rebuild her own health. She started with what her body could tolerate—even one minute of movement at a time, along with practices such as Qigong and Tai Chi. Those small efforts gradually became larger ones.

The woman who once struggled to walk without pain eventually stepped onto a bodybuilding stage and qualified for national competition twice.

The experience fundamentally changed Tanya's understanding of health and success. She learned that transformation rarely comes from one dramatic decision. It is built through small actions repeated consistently.

That philosophy became central to Your Body Can.

For the past decade, Tanya has worked in health and wellness, developing online nutrition and fitness programs designed to make healthy living more practical for people with demanding schedules. She began delivering virtual services years before the COVID-19 pandemic made online health and fitness programs commonplace.

Recognizing the challenges faced by parents, professionals, and people balancing multiple responsibilities, Tanya designed her programs so participants could incorporate nutrition and movement into real life rather than reorganizing their entire lives around a program.

Through online coaching and group programs, she has worked with hundreds of individuals, providing education, structure, accountability, and support.

One principle remains at the center of her approach:

“What matters most is what happens outside training and coaching sessions.”

For Tanya, sustainable health is not created during one workout or one nutrition coaching conversation. It is shaped by the decisions people make repeatedly—how they eat, move, sleep, manage stress, think about their health, and respond when life does not go according to plan.

She also believes people should understand why they are making those choices rather than remain dependent on a coach indefinitely. Education and personal responsibility are therefore important components of her work.

Today, Tanya is working toward expanding Your Body Can into a more automated global health and wellness platform, allowing people to access structured nutrition, fitness, and lifestyle education from wherever they live.

She sees accessibility as one of the greatest opportunities in modern health and wellness. Technology has made information available almost everywhere, but Tanya believes that accessibility has created another problem: information overload.

With countless diets, conflicting health opinions, social media trends, and quick-fix promises competing for attention, people often have more information than ever while feeling less certain about what they should actually do.

Tanya believes the industry’s future belongs to professionals who can help simplify that information and turn knowledge into realistic action.

She is equally concerned about the effect social media can have on body image and self-esteem, particularly among young people. Rather than encouraging people to chase unrealistic physical standards, Tanya advocates shifting the conversation toward health, strength, self-respect,

confidence, and long-term well-being.

For professionals entering the health and wellness industry, her advice is similarly grounded: prioritize education, experience, integrity, and results over popularity.

Tanya did not begin with a massive following or an established company. She began by helping people individually, learning from their different circumstances, continuing her education, and building experience.

She believes authenticity matters more than creating the appearance of perfection.

“People don’t need another perfect expert. They need someone they can trust and a person who cares.”

The values behind Tanya’s work remain straightforward: health, family, integrity, consistency, and service.

Her four children remain her greatest motivation. They were part of the reason she fought so hard to regain her own health, and they continue to influence the way she thinks about longevity, strength, and the example she wants to set.

For Tanya, taking care of one’s health is not simply about appearance. It determines how fully a person can participate in family, relationships, work, and life.

Her philosophy also extends beyond physical health.

“There is no healthy body without a healthy mind.”

She believes meaningful transformation requires people to address not only what they eat and how they exercise, but also their mindset, habits, consistency, and relationship with themselves.

The best career and life lesson Tanya has taken from her own experience is simple: keep moving forward, even when the step seems insignificant.

She learned that lesson when one minute of movement was an accomplishment. Years later, those small steps had carried her from debilitating physical limitations to competitive bodybuilding, entrepreneurship, and a career dedicated to helping others.

That journey also gave deeper meaning to the name of her company.

There was a time when Tanya’s own body seemed to be limiting the life she wanted to live. Rebuilding it taught her something different: the human body can often do far more than we believe when it is given the right support, consistency, patience, and opportunity.

That belief became Your Body Can—not simply the name of her company, but the message behind everything Tanya Huglife continues to build.

Learn More about Tanya Huglife:

Through her Influential Women profile, <https://influentialwomen.com/connect/Tanya-Huglife> or through her website, <https://www.yourbodycan.com/>

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