



Trina Claiborne

Author, Motivational Speaker, Healthy Lifestyle Coach & Personal Trainer

LOOKING FOR A DYNAMIC SPEAKER?

My clients have coined me as "The Excuse Buster" in terms of weight loss. My method of delivery is solution-based in the most simple forms regardless of life's complexity. Translating my passion as a motivational speaker involves major fun interactive skits, and demonstrations that fuels mental shifts, a new consciousness on fitness and a new fire to take action now!

SPEAKING TOPICS:

- Breaking Fat Loss Plateaus
- Lose Your Mind to Find Divine Health
- Operation: Life Re-Map for Divine Health
- What to Do in a Forking Moment
- Discovering the Simplicities of Living Healthy

By inviting me to your event, you and your audience will get intoxicated by the charged atmosphere and become drunk on fitness; so let's have a protein shake....Cheers!



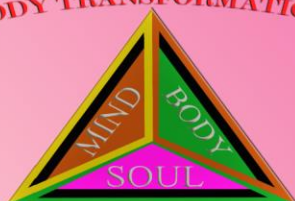
PAST SPEAKING ENGAGEMENTS:

- Passion 4 Fitness Center
- Curves
- Anytime Fitness Center
- North Hall Middle School
- Marian Road Highrise Community Center
- Comprehensive Wellness Center of Gwinnett
- Gwinnett Medical Center
- Gwinnett Quick Weight Loss Center
- Balance Diet of Buckhead GA



www.BodyTransformationsByTrina.com

BODY TRANSFORMATIONS



By Trina

CONTACT ME:

Email:
BodyTransformationsByTrina@Gmail.com

Phone:
770-262-6340

Fax:
678-828-5865