



## Ana Shaello

### Certifications

- NASM Certified Personal Trainer

My journey started close to 20 years ago as a promise to my son who started a martial arts class. I told him if he stuck it out and got his black belt, I would start taking classes. At the time I was a working, married mom, who didn't realize she had put on a lot of weight. I was caught up in the day to day grind of taking care of my family. At my heaviest I was 178lbs; it could have been more but this is the figure I remember. It's the figure that WOKE me up.

[bajangrl@gmail.com](mailto:bajangrl@gmail.com)