

MY STORY

GOALS. DREAMS. HOPES.



BEFORE

JAN 2020



AFTER

JAN 2022



Nothing feels as good as "healthy" does.

My weight loss story began with a goal—a simple, albeit vain one at first. I wanted to fit into my wedding dress after 12 years of marriage.

As a full-time working mom with three kids, I had resigned myself to the idea that I would never be slim. I thought the sooner I made peace with that, the happier I would be.

But I wasn't happy. Huffing and puffing up the stairs, facing chronic fatigue, and enduring frequent migraines, I knew I didn't have the will or energy to work out. To be honest, I was a big 'foodie'.

... CONTINUED

GOALS. DREAMS. HOPES.



68 KG
JAN 2021



68 KG
JAN 2022



*Losing weight was not enough.
I got rid of it!*

Nevertheless, I embarked on my 40kg weight loss journey with one goal—to look and feel good. I didn't like what I saw in the mirror. I needed to change. I wanted to change.

I eased into intermittent fasting on my own. The process was tedious, and without guidance, I made mistakes along the way. My understanding of nutrition was limited to what I had learned in sixth-grade science class. Though the journey was rewarding, it was also filled with doubt in the early days.

I created my own version of a low-carb diet, and once I saw results, I embraced the Paleo way of eating.

... CONTINUED

GOALS. DREAMS. HOPES.



*Habits do not restrict freedom.
They create them.*

At that point, nutrition became an area of deep interest for me. I started voraciously reading diet and nutrition books, journals, and studies. Eventually, I found my sweet spot in an animal-based food plan, which I still thrive on today.

I realize that everyone's experience is different, as context and culture shape how we view food. After losing 40kg over the course of nine months, I began to embrace the body I had come to love. I didn't just lose fat; I shed negativity, fatigue, inflammation, and a lack of confidence that had defined my old self.

... CONTINUED

GOALS. DREAMS. HOPES.

For the first time in my life, I was able to buy clothes in size XS! I went from XXL to XS.

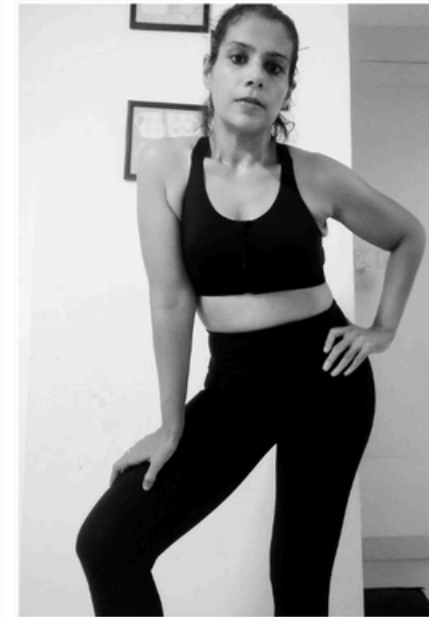
But my story didn't end there. I moved the goalpost a little further. After all, I had gained confidence—I could be anything I wanted, and do anything I was afraid to try. My next focus was fitness.

I explored various types of exercise, starting with Pilates. Gradually, I moved on to lifting weights, then added high-intensity workouts for good measure.

MOM OF 1



MOM OF 3



*Diets don't work in the long run.
Lifestyle changes do.*

... CONTINUED

GOALS. DREAMS. HOPES.

Fitness became a part of me; working out felt second nature. This from someone who had hated exercise all her life—except for that brief stint in the gym to lose weight before getting married. At 37, I was squatting, planking, doing mountain climbers, and marveling at what my body was capable of.

What is the one thing you'd like to change or improve? Is it your physique, your lifestyle, your energy levels, or your weight? Once you identify your goal, half the battle is won. I'll help you reach it.

BEFORE (JAN '20)



104 KG

AFTER (JAN '21)



68 KG



Discipline is remembering what you want.

WEAVE YOUR STORY

WITH YOUR GOALS, DREAMS AND PLAN



As a certified nutrition (wellness & sports) consultant and fitness coach, I don't believe in a "do as I say" approach. Instead, I offer a collaborative one—where I hear you out, understand your weaknesses, and meet you where you are before taking you to where you want to be.

All of my programs combine nutrition and fitness, designed specifically to address your problems and goals. I might be one of the few wellness professionals who can guarantee weight loss. Yes, I mean it. I've been on this journey myself, and I've helped many others fulfill their health and wellness goals with my scientific approach.



QUALIFICATIONS

PROFESSION. PASSION. PURPOSE

Michelle Shyam is a qualified architect and a graduate of the School of Architecture & Planning at Anna University, Chennai, one of Tamil Nadu's premier institutions.

She holds an Executive Master's in Business Administration with a specialization in Strategy & Project Management from the National Institute of Business Management.

In addition, Michelle has completed an Advanced Diploma in Fitness, a Diploma in Sports Nutrition, and a Diploma in Nutrition from Fab Academy Inc., USA. She is also a certified Keto Diet Advisor and Pilates Instructor.

Michelle dedicates significant time to study, research, and practice. Her passion lies in education and empowering both women and men to become the best versions of themselves. As a businesswoman and mother, she skillfully balances her professional pursuits, hobbies, and family. Always eager to grow, she continually seeks opportunities to sharpen her skills and learn new things.

QUALIFICATIONS

PROFESSION. PASSION. PURPOSE



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Fabulous Body Inc
California, United States
www.fabulousbody.com

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