

# Shape up for 2019 at Joana's home studio in Brooklands

MK personal trainer and nutritional advisor Joana Todor Back is all set to help local people achieve their body goals in the new year. Celebrate:MK editor Jon Boyle went to meet her at her stylish studio

If your New Year's Resolution is to lose some weight or get in shape, a great starting point would be to give Joana Todor Back a call.

The highly-qualified personal trainer and nutritional advisor (pictured right) has her own stylish studio in Brooklands, named Studio 44, which she uses to help her clients achieve their dream body.

And with more than a decade of personal training experience and a host of top fitness qualifications under her belt – including PICP Strength & Conditioning Coaching and a Precision Sports Nutrition qualification – it's a winning combination.

Joana, who is a former 100m sprinter and UK Bodybuilding Fitness Federation competitor, said: "I specialise in one-to-one personal training and my main priority is achieving the client's goals,

"Some people want to be



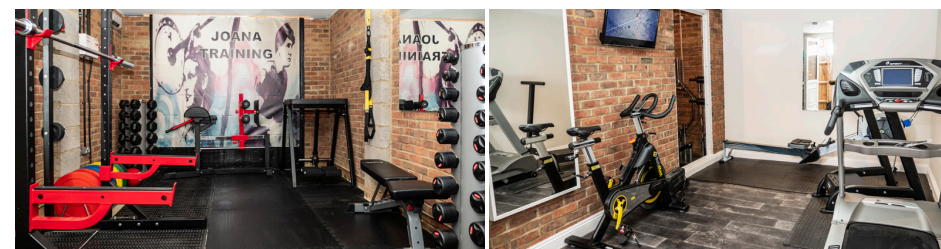
able to do 10K runs, marathons, triathlons, or bodybuilding, while others want quick fat loss for the new year, a holiday, a special occasion or for a healthier lifestyle.

"Whatever their aims, I have a proven track record of guaranteed results and will help them achieve the body they have always dreamed of."

Joana escaped the hustle

and bustle of London to set up her studio in MK and tailors training programmes according to the client's body type, strength and structural balance, while also custom building nutritional plans to suit the client's lifestyle.

**Call Joana on 07808 030091 or email joanatraining@gmail.com for more info.**



**Joana Todor Back has joined Celebrate:MK as our resident fitness columnist. Look out for her first column in next month's magazine**

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