

# *Shaping Women Naturally*

One Adventure at a Time



## *Sreeja Nair*

Consultant | 30 Something

Before meeting Dawn Hall, I DID workout, but I was never consistent. Just thinking about working out was exhausting, and I found it hard to stick to a plan. Over the years, I realized that I needed to be healthier and stronger more than just for aesthetic purposes. That's when I finally decided to get a one-on-one training session with a professional.

In 2021, my husband noticed a Dawn Hall Fit ad at our home community. This was perfect for me. First, it was super convenient not having to drive to the gym. Second, I could simply go downstairs to meet my trainer and exercise.

My first session with Dawn was fun, and I learned a lot. She helped me realize that I don't need to exercise as much as I thought to get results, but rather, I should focus on the concept of "one priority for seven days." By focusing on only one thing per week, I became more consistent with my workouts because I no longer had the "all-or-nothing" mentality. Week after week, I noticed that my stamina and energy level increased, and I looked forward to going to the gym, so much so that I started going in between my training session days.

These days, you might find me at the gym five days a week, or I might be at the park for a nature walk. I have become more committed to eating home-cooked meals so that I have full control over what and how much I eat. To me, this is a simple concept, but not necessarily always easy.

For me, it's important to find joy in the simplest of things: Spending time with my husband, preparing a simple yet nourishing home-cooked meal, taking time for my own self-care. One of my most favorite things is preparing a cup of coffee in the morning and sitting on the balcony to watch the sunrise.



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I really enjoy cooking; cooking for me is therapeutic. It encourages creativity, it allows me to try out new recipes, and it gives me a chance to discover new flavor combinations. I love cooking Indian dishes, and if I must pick a favorite, it would be Biryani. There are a lot of complex layers to this dish, and even though preparing it can be tedious, I thoroughly enjoy the whole process. I also like baking cookies and cakes, but in support of my new lifestyle, I try not to make them overly sweet. >>>





I'm always impressed by Sreeja's talent of cooking and baking. With GREAT JOY, she prepares and adjusts every meal to fit each season of her health and fitness journey. This type of joy is how she maintains her lifestyle for LASTING RESULTS year after year.

~ Dawn



<<< As much as I like to cook, bake, and go on lunch/dinner dates with friends and family, I try to maintain a balance for a healthy lifestyle. Unlike before, I enjoy working out. I understand now that health and fitness isn't a task to be done or something to check off my list, but rather a lifestyle that is shaped by my choices. My job is just to make good choices.

