



What is a ShapelyGirl?

At her most confident, she's passionate, positive, and confident with her shapely figure. She is moving forward to better health because she is secure in her body and knows that *fitness comes in many sizes*.

At her most confident, a ShapelyGirl doesn't let her dress size dictate how she feels about herself. She knows who she is, sees minor setbacks as just what they are – minor – and continues to move forward.

Yet much of the time, a ShapelyGirl can be intimidated by the world around her with its unrealistic body ideals and mistaken definition of the worth of a woman.

Until she finds the ShapelyGirl Community – a powerful network of women who support each other's progress and success, lift each other up when setbacks happen, and remind each other daily that *fitness truly does come in many sizes, and that getting off the couch is the first step to better health, vitality and confidence*.

What is ShapelyGirl Fitness™?

Debra Mazda M.Ed created ShapelyGirl Fitness™ as an effective, safe, fun and energizing program to help women of all sizes move, breathe and feel great. Combining aerobic conditioning, strength training and Deb's unique "circle time" motivational ending, ShapelyGirl Fitness™ is more than just an exercise routine. It's a positive way of thinking about your body and your health.

Most women believe they have to lose weight *before* they can take a fitness class. They are too intimidated to walk into a health club, so they put off thinking about exercising. In fact, many

shapely women put their entire lives on hold, waiting for that mystical ‘someday’ when that magical number on the scale will give them permission to start living.

Debra Mazda is encouraging women of all sizes to start moving – *now*. Whatever size they are – or want to be; whatever diet they intend to start on Monday; no matter how many times they’ve tried and failed to make healthy changes in their life. Just get up and start moving today. That’s what ShapelyGirl Fitness™ is all about.”

What Inspired ShapelyGirl Fitness™?

More than 25 years ago, Debra Mazda took the first step to good health with a simple walk into the door of her neighborhood gym. What followed wasn’t simple or easy. At times it felt downright humiliating. After her first workout, it took two bodybuilders to lift her off the gym floor. But that one courageous step inspired Deb to keep moving, cut her portions and pay attention to what she was putting into her body. It also drove her desire to return to school for a college degree and an advanced degree, so she could impart what she learned onto the millions of other women who shared her lack of self-esteem.

It was through moving, sweating and experiencing the amazing benefits of regular exercise that Debra Mazda was able to change her own life more than 25 years ago. “Many years ago, I would eat all day long. I was depressed and extremely overweight. By moving and breathing I started to feel better physically and mentally. Once I was feeling better, I could make better choices in my eating - and in my life.” Today, 140 pounds lighter, she feels and looks fabulous. Her mission is to help other women to find the same success.

Who is Debra Mazda?

Debra Mazda is a Philadelphia-based teacher and fitness trainer with a BS in Human Movement and a M.Ed. in Sports Psychology. She is a former executive with Richard Simmons International and owner of a gym in South Philadelphia. She has helped hundreds of women who felt stuck get moving and create the bodies they desired, while learning to enjoy the journey and embrace the bodies in which they lived. She is the revolutionary founder of ShapelyGirl Fitness™, a program that encourages women of all sizes to simply “get off the couch, get moving, and start feeling better.”