

# My Philosophy

**Keep it Simple, Stick with the Basics and get REAL RESULTS!**

You are only able to stick with your training program if your subconscious mind accepts it.

Willpower can get you started, but subconscious acceptance is the key to success.

**Mind and Body work together** and only if they work together can you be your best. Mental training tools are an important part of my approach.

I ensure you will see visible physical changes very early on because:-

**Positive results, and a feeling of well-being, produce a healthy state of mind, and are an inspiration to continue.**



# About Me



Tatjana and her beloved Lefty - her Teacher and Best Friend for 13 years

Although I include all the components of fitness in my programs, which are:

Aerobic  
Anaerobic  
Flexibility  
Body Composition

I specialize in **Resistance Training** and **Flexibility**. I feel that is where people can make significant mistakes.

I have worked, and still work, with people of all ages, shapes and condition, including those that battle arthritis, fibromyalgia, cardiovascular diseases, obesity, unhealthy lifestyles, cancer .. and more. Never have I met any anyone who was not able to engage in some form of resistance training.

I also offer a program especially crafted for the **Equestrian** - horse lovers care so much for the condition and fitness of their horses sometimes they can omit to take good care of themselves! My **Fit 4 My Horse® Program** is for all of us who need to keep up with their horses!

Today I live with my husband, Chris, our cats Stuart, Fuma, Loca & BW, our puppy Rancho, our two off-track Thoroughbred horses Proud and Decar and their friends Niña & Chica, at our Finca in Platanillo de Barú.

**MANIFESTING FITNESS®**

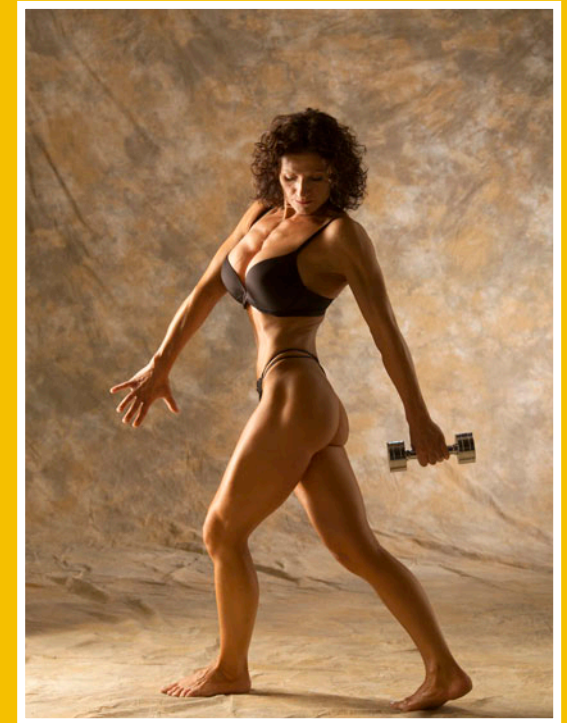
Platanillo de Barú, Costa Rica

(560) 8563 96 02

[www.manifestingfitness.com](http://www.manifestingfitness.com)

# MANIFESTING FITNESS®

Mind and Body Working Together



Get in Shape with

**Tatjana Scholl (Oldham)**

Former **Miss Germany, Miss World**

**& Miss Universe**

(Bodybuilding / Physique)

Certified Fitness Consultant with over

25+ years experience

# WELCOME TO MANIFESTING FITNESS®

We all need a helping hand from time to time. I know I needed one when I got started on my fitness journey.

At times it's tough to get started. Sometimes it's hard to continue. Always it's difficult to come back. But remember this ... when you train, you are giving yourself **the** most important gift there is - **a lifetime of health and well-being.**

For more information and a **FREE** consultation call me at **(560) 8563 96 02**

or contact me at **[www.manifestingfitness.com](http://www.manifestingfitness.com)**



"Our most valuable possession, among all those others that we treasure, may actually be what we term simply our "physical body". The body is often referred to as the temple of the spirit - and it is quite obviously the housing for our intellect and the many facets of our "mind". The Body, with its wondrous mechanics, complex construction and ingenious engineering, is the versatile and fully mobile vehicle that allows us to engage in our life experience.

Our body is also, notably, the only material thing we can't replace - once the body is broken beyond repair we may have to leave this world! That's why it is so blatantly obvious that the body is worthy of our care ... whether we're wealthy or poor ... the body remains "the" universal asset of which we all get the same share - "one!"

❖ *Tatjana Scholl (Oldham)*

## NO FADS ... NO GIMMICKS

- Customized Training Programs designed to do on your own at a location of your choice
- Personal Training - One-On-One or Two-On-One
- Body Toning & Muscle Conditioning Classes
- Post Rehabilitation
- Seminars Workshops

There are many ways to keep your body in shape, which means there is a "doable" way for everybody and **Every Body.**

## GUARANTEED RESULTS

Whatever your training background, novice or seasoned, my sessions will be both focussed and enjoyable and most importantly they will get you the results your aiming for - **I am one of the very few trainers who guarantees results If you stick to your program!**

Here are a few of Tatjana's clients who have benefitted from her expertise

With Tatjana's help, these people made their dreams of getting in shape a reality!



Before & After



Before & After



Call **(560) 8563 96 02**  
to schedule an appointment

or visit  
**[www.manifestingfitness.com](http://www.manifestingfitness.com)**