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Fabulous Fitness at 40

The fitness guru's guide to transforming your life through mastering your mind and body

by Ladan Soltani

Look and feel fabulous at 40

Imagine losing your job, your house and your boyfriend in the space of three days. That's what happened to fitness guru Ladan Soltani, but with a positive mind-set, Ladan's philosophy is that everything happens for a reason. Whether good or bad, this is the only way one can evolve and develop physically, mentally, emotionally and spiritually.

Ladan has been an expert in her field for 20 years. She studied Sivananda style yoga in the Himalayas and Ashtanga Mysore style in San Francisco. These life changing disciplines inspired Ladan to return to the UK to help others:

"I love and live this lifestyle, so what an amazing opportunity to teach and share my knowledge and experience by helping other health conscious, like-minded people to transform their lives positively. A healthy mind and body is the best gift you can give yourself and that is a fantastic investment in your life!" says Ladan, who turns 40 herself in December.

As well as being a star on Sky's Fitness TV, Ladan has now written a book *Fabulous Fitness at 40* and produced an accompanying DVD and TV series to be aired on Sky's Body In Balance well-being channel. The book is a guide to overall holistic health. It is for every woman who wishes to invest in their health at any age so they too can look fabulous at 40 and beyond. As you can see, Ladan is living proof of this!

"Fabulous Fitness at 40 is a mixture of positive thinking, yoga, exercise, meditation and nutritional advice. Good health originates on the inside and real strength originates from the mind."



Ladan Soltani has now established herself as a recognised and highly sought after fitness professional in London, where she personally trains high profile celebrity clients. Ladan's energetic and motivating classes have a great following due to her infectious energy and her outgoing personality. Currently Ladan is presenting on Sky Television for Fitness TV and is also a freelance fitness expert, writing for magazines and websites. Her exciting journey of living a healthy lifestyle has now led her to the field of weight-loss NLP and life coaching as well as becoming a holistic nutritional therapist. Visit: www.ladansoltani.tv

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