

Anita Joubert Voted Dubai's Top Fitness Trainer!



Dubai, United Arab Emirates Feb 20, 2022 ([Issuewire.com](https://www.issuewire.com)) - Anita Joubert winner of the European WBFF Pro Award www.anitajoubert.com is considered one of Dubai's Top Fitness trainers and holistic nutritionists found today was voted by Aquarius as Dubai's top fitness trainer during an online poll by their female consumers past and present. The fitness professional is known as one of Dubai's most sought-after VIP personal trainers with a strong loyal following from around the world. Hailing from a modeling background, Anita is a strong believer in a holistic approach to nutrition. As a certified holistic nutritionist, she believes in a realistic diet and shy's away from diet trends found today.

Eating sensible and clean along with a regular and consistent exercise regimen are really the keys to looking good and feeling great! People are just too caught up in various trends due to social media

information that's out there. There really is no secret to getting in shape except eating clean and exercising no matter who you are. Trends come and go and everyone today seems to be an expert when it comes to fitness, however, you have to keep in mind what works for them does not necessarily work for you. Everything is trial and error says, Anita. A trainer is a great way to start a healthy regimen but in the end, you have to do it on your own, as not all of us can rely on or afford a trainer for a long period.

Regarding nutrition, it helps to get a nutritional assessment to find out your triggers. Some foods make you feel sluggish and tired throughout the day. Some foods cause you to bloat, while others have other adverse effects on your body's immune system, hair, skin, mental wellbeing, etc. So many of us jump into fitness with the right intentions but wrong understandings and only a year later we realize we could have made so much headway and saved time had we done a nutritional assessment and a training program.

There are some great certified trainers out there so just get in touch with any of them to get you started in the right direction. Having this type of support and knowledge is invaluable.

Good Luck on your Fitness Journey!

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