

Tasha Turnbull

Author, Fitness Studio Owner, Certified Personal Trainer, Group Fitness Instructor,
Fitness Nutrition Specialist, 100lb Weight Loss Winner

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Tasha Turnbull is a certified personal trainer, group fitness instructor, fitness nutrition specialist, motivational speaker and an award winning entrepreneur. She is the owner of T2 Fitness Studios, a fitness training studio in Virginia Beach, Virginia-

Tasha started as a personal trainer in 2009 and opened T2 Fitness Studios in 2011 after she realized her calling of impacting lives through her own personal testimony - successfully losing 100 pounds on her own. Tasha's journey to weight loss was not an easy feat, growing up overweight all of her life. She battled with low self-esteem, binge eating, depression and despair. Then one day, she decided to stop watching life pass her by. She became committed to be an active participant in deciding on how she was going to live her life. She developed self-love, which enhanced the self-confidence needed to lose weight. Her passion, unwavering beliefs and empathy for the struggles people face when undertaking weight loss led her to commit her life to assisting others with reaching their weight loss goals. T2 Fitness has been the motivation behind over 1800 men and women in Hampton Roads making health and fitness a priority in their own lives via their personal training, fitness bootcamps, motivational speaking talks, and the annual fitness events Tasha's company puts on in the Coastal Virginia area of the state.

Tasha has been featured on several weight loss blogs, local, regional, and national radio and television news segments, national fitness social media campaigns, and fitness-related news publications including Sister Circle TV, Shape Magazine, Black Girls Run, Good Morning Washington, Strong Fitness Magazine, and BlackDoctor.Org, etc.

Tasha is most recently the author of *The Last 10lbs* and is an extension of her commitment to finding unique and effective ways to motivate people to reach their fitness goals and live your healthiest life possible, despite leading a busy lifestyle. Tasha offers insight in to her own pitfalls and setbacks, with regard to food and emotional eating. *The Last 10lbs* is targeted towards any individual who has struggled and tried for years to lose weight or living a healthier lifestyle, but life keeps getting in the way. In *The Last 10lbs*, Tasha explains page-by-page, how she lost 100 lbs and what you can do to finally live your best life!