

The start of my fitness journey dates back to 2008, my junior year in high school. You can read more by visiting my vlog, "How I got into fitness".

It wasn't until after having my first (only) child, December of 2021 that I began to notice a shift. I was not inactive throughout my pregnancy but I did gain 55 pounds. My body and mind had changed in ways I hadn't even known was possible. Not only was I having to adjust to being a new mother but new everything. After leaving, I started a whole new career and was experiencing feelings I'd never felt before.

I maintained consistency with working out daily. My baby and I either took a virtual dance class or took a walk around to workout at the gym in my condos daily, it became routine. However, I was not seeing the changes I was used to seeing. Working out and re-shaping my body didn't feel "fun" anymore. I was in a space where I wasn't able to pinpoint. After months of just pushing through I finally decided to give it to someone I knew could handle it and provide me with the peace I needed at the time, my God.

Together (He is always with me) we navigated through a journey I'll forever be grateful for. Not only did I come to the conclusion that life itself is the journey but I learned to get comfortable being uncomfortable. I was forced to look at myself, stripped down of all the fluff and hype but me for who I really was so that I could see if that was the person I wanted to raise my young Queen. It's funny, while you're in it and can feel as if no progress is being made and one day you look up and it's like wow, look what my resilience has helped me to accomplish! Needless to say the outcome resulted in the healthiest, strongest, happiest, and most disciplined Breana I've ever known. I understand and view life from an entirely new lense. I hope that through my experiences and lessons I can help motivate, guide, and encourage individuals on their journey, as well as continue to facilitate clients in reaching health and fitness goals.