

"Get out of your head and into your body"

I didn't get serious about my own health and wellness until my 30th birthday was looming. I wanted to avoid so many of the genetic predispositions I had, and more than anything, I wanted to be strong. In the end, though, it wasn't just the physical results that kept me motivated, it was how strong I felt mentally and how much discipline I built along the way. That discipline has helped me earn a Master's Degree in Curriculum & Instruction, lose over 40 lbs. within 9 months of giving birth to my daughter, and now, run a business with my best friend and "business partner," my husband, Daniel.

As a mother to the most spectacular little human being ever, I love setting the example that honoring your body is a beautiful thing, and as a teacher, I love helping others prioritize themselves, have a great time, and get stronger along the way.

Catch My Work: @cynthiamarie_rodriguez

- Hometown: New Brunswick, New Jersey
- Music: I have a Spotify playlist called "To Feel Fresh Dope" hahah... It's an eclectic mix of funky songs by Janelle Monae, Jidenna, Anderson. Paak, Ariana Grande, and a bunch of other artists that make me feel well...Fresh and Dope!
- Favorite Workout: It depends on my mood! As much as I love slowing down and experimenting with how much weight I can lift, the endorphins I get from a sweaty core/cardio workout is unmatched. Also. Anything with a slam ball.
- Favorite Cheat Meal: I will Never. Ever. Get sick of pizza from Mister01

