



# Trina Claiborne

**Author, Motivational Speaker, Healthy Lifestyle Coach & Personal Trainer**

## LOOKING FOR A DYNAMIC SPEAKER?

My clients have coined me as "The Excuse Buster" in terms of weight loss. My method of delivery is solution-based in the most simple forms regardless of life's complexity. Translating my passion as a motivational speaker involves major fun interactive skits, and demonstrations that fuels mental shifts, a new consciousness on fitness and a new fire to take action now!

### SPEAKING TOPICS:

- ☐ Breaking Fat Loss Plateaus
- ☐ Lose Your Mind to Find Divine Health
- ☐ Operation: Life Re-Map for Divine Health
- ☐ What to Do in a Forking Moment
- ☐ Discovering the Simplicities of Living Healthy

By inviting me to your event, you and your audience will get intoxicated by the charged atmosphere and become drunk on fitness; so let's get wheyed....Cheers!



### PAST SPEAKING ENGAGEMENTS:

- ☐ Passion 4 Fitness Center
- ☐ Curves
- ☐ Anytime Fitness Center
- ☐ North Hall Middle School
- ☐ Marian Road Highrise Community Center
- ☐ Comprehensive Wellness Center of Gwinnett
- ☐ Gwinnett Medical Center
- ☐ Gwinnett Quick Weight Loss Center
- ☐ Balance Diet of Buckhead GA



**[www.BodyTransformationsByTrina.com](http://www.BodyTransformationsByTrina.com)**

**BODY TRANSFORMATIONS**



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