

GLORIA KAMIL



Bio

“ Only by beginning with the spirit can one proceed to create better health in the mind and body”. These are the words of health and fitness expert Gloria Kamil.

Kamil’s a staunch advocate of good health through quality nutrition and structure exercise. She has over thirty years experience personally and professionally in fitness training and teaching and is certified by the American Council on Exercise (ACE), the world’s largest non-profit fitness certifying organization and the Pilates Institute of America. For nine years she has worked exclusively as a private fitness teacher/ trainer, nutrition consultant and lifestyle change coach, working primary with women. .

Kamil is a practitioner of seasonal systematic fasting since 1978. Her passion for whole health led her to become the founder and CEO of F.A.S.T.I.N.G. in 1998 (Friends Assisting Support To Initiate Never-ending Growth). She developed a unique one – year lifestyle change program based upon a lifetime of interest and a wealth of personal experience, knowledge, and research by incorporating seasonal systematic as the foundational tool in the program. She recognizes and understands that in order to maintain a healthy and positive life we must move from passive to active participant when it comes to achieving whole health in our bodies.