

FORTRESS FITNESS

LIFESTYLE MAGAZINE

ISSUE 04 |

A FAMILY AFFAIR

Maintaining a healthy
balance

CRAZY FIT

Uncle Crazy joins the
Fortress Fitness
Movement

TIFFANY AMBER DEANE

BRINGING THE HEAT

December, 2024



PATRICE EDWARDS

CREATING ASD AWARENESS HER WAY

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Editor's Note

**THE 4TH ISSUE IS
FINALLY HERE,
CELEBRATING 1 YEAR**

As we bring this final issue to you for 2024. We wanted to ensure we brought the fiery furnace of the Fortress Lifestyle Magazine.

It has been a great thrill bringing these quarterly magazines to you, and connecting with such amazing individuals, and building such meaningful relationships throughout this year.

*Candice
Reid Bethel*

Editor-in-Chief



We made 1 year!

Time sure does fly fast when you're having fun. We have had many highs and lows, successes and set-backs, but we made it, and going strong.

I hope you enjoy this issue!

~ Victor Francis Chief Operations
Officer

dry?
THEN READ THIS...

DR SIEGERT'S

HOUSE OF

CELEBRATING

1824

2024



200 YEARS

ANGOSTURA

— it tastes
extra delicious

TOASTING to 200 YEARS and BEYOND





COVER PERSON STORY

Meet Tiffany Deane, a Process Engineer II at Massy Wood Ltd. She holds a BSc in Chemical & Process Engineering from the University of the West Indies (UWI), graduating in 2019. Tiffany started her career with McDermott International as a process engineer intern on the BPTT Cassia Compression project in Mexico, where she spent almost a year and a half during the COVID-19 pandemic, contributing to the platform's build and commissioning.

In 2021, she returned home and was promoted to Project Engineer. That same year, she began her M.Sc. in Chemical Engineering with Management at UWI, which she completed in 2024, earning the highest score in her research project. Tiffany expanded her expertise by working at the Water and Sewerage Authority (WASA) for 7 months in 2023 before re-entering the oil and gas sector at Massy Wood, where she provides process engineering support for major clients namely Shell and EOG Resources Trinidad.

Outside of her professional work, Tiffany is committed to fitness, particularly weight training, and lives by the philosophy that “movement is a luxury, not a chore.”

Staying active through movement is crucial for maintaining both physical and mental well-being. Regular movement helps to boost energy, improve overall health, and keep the body and mind in balance.

This is not a gym or athlete thing, it's a people thing so Just Start and if you have already, don't stop!







Shrimp Salad

Pan Seared Shrimp, Cabbage, red onion, carrot, and tomato

CARIBBEAN SILVER FOX



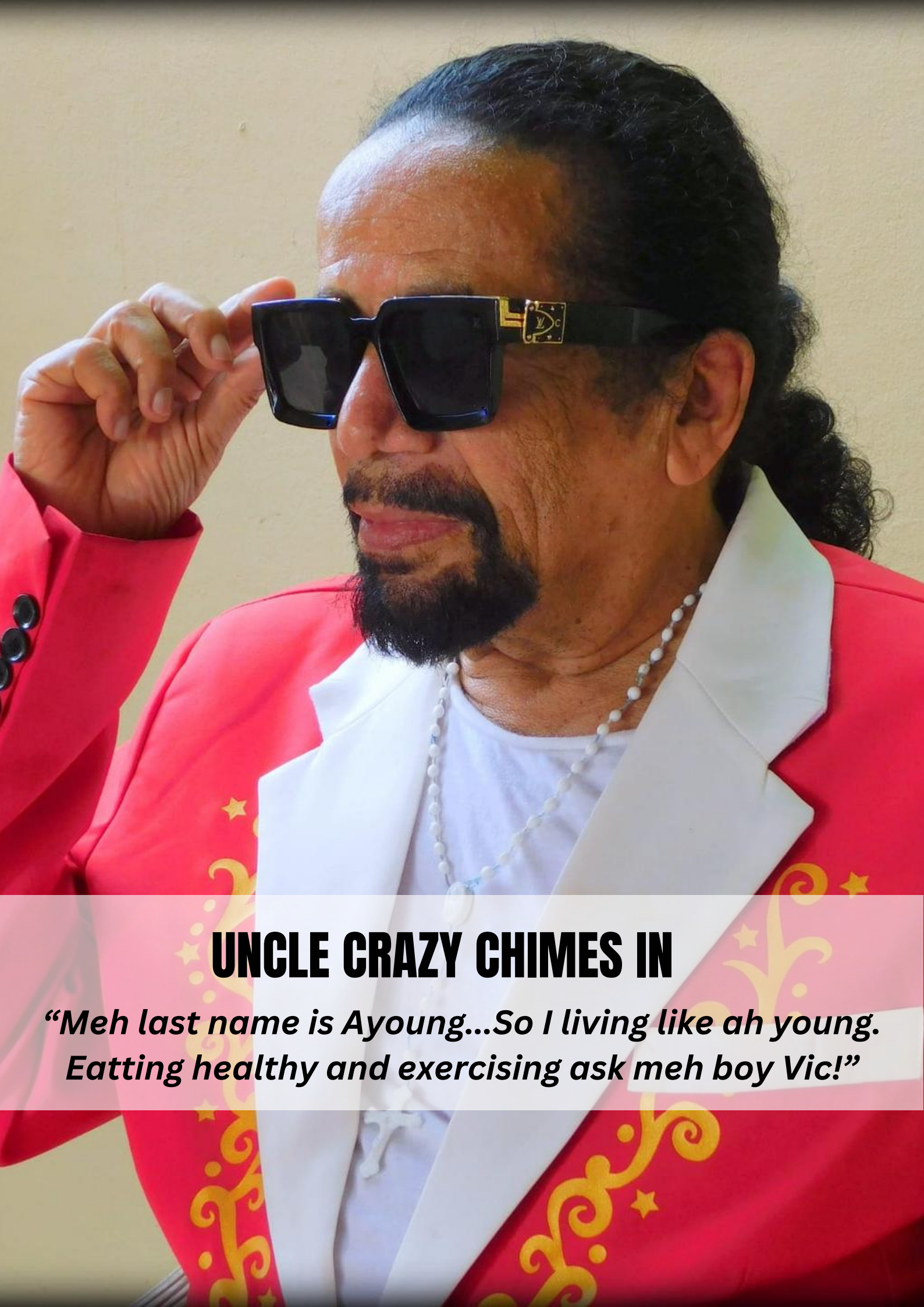
Happy
Belated
Birthday











UNCLE CRAZY CHIMES IN

***“Meh last name is Ayoung...So I living like ah young.
Eatting healthy and exercising ask meh boy Vic!”***

Uncle Crazy's Fitness Journey: A Call to Wellness

If you've been following our socials, you've surely noticed a familiar face—none other than Uncle Crazy himself, Mr. Edwin Ayoung. Known for his vibrant personality and love for life, Uncle Crazy has embraced a new journey towards better health, putting aside his old mantra that a "big belly is life." Recognizing the importance of eating well and staying active, he has teamed up with Fortress Fitness to spread the message of healthy living, impacting one home at a time.

In the midst of his busy season, Uncle Crazy is excited to encourage his industry colleagues to jump on the wellness bandwagon, calling out local icons like Gypsy and others to join the Fortress Fitness movement. As a regular at the gym now, he's truly committed to his health, and with this lifestyle change, we're proud to officially welcome Uncle Crazy into the Silver Fox Crew. His journey is an inspiration for all, showing that it's never too late to take charge of your well-being.

As the rate of diabetes continues to rise in Trinidad and Tobago, it's crucial to recognize that this condition often brings along a host of other serious health complications, such as vision problems, kidney failure, and damage to other vital organs. With age, it can be harder to shed the extra pounds we've accumulated over the years, but making conscious, consistent changes in our lifestyle can dramatically improve our health. If we begin to make small, mindful adjustments in our thirties, we can not only manage our weight but also increase our chances of living a longer, healthier life—one that allows us to enjoy God's many blessings and remain active in all the activities we love.

For those managing lifestyle diabetes, also known as Type 2 diabetes, there is hope for reversing the condition. By adopting a balanced diet and incorporating regular exercise, many people have successfully managed or even reversed their diagnosis. Start by focusing on nutrient-dense foods like leafy greens, whole grains, and lean proteins while reducing your intake of refined sugars and processed foods. These changes can help stabilize blood sugar levels, improve energy, and reduce the risk of complications. Remember, this isn't about perfection—it's about progress, and every small step counts.

Exercise is equally important. Even light to moderate physical activity, such as a daily walk or a bit of dancing, can help improve insulin sensitivity, making it easier for your body to manage blood sugar levels. You don't have to run marathons to see results—just stay consistent, and over time, you'll notice the positive changes in both your body and your overall health. Reversing lifestyle diabetes is possible, and with the right support and dedication, you can take control of your health and enjoy a vibrant life for years to come.

This version maintains a professional yet accessible tone, with a clear emphasis on healthy living, fitness, and reversing lifestyle diabetes.



Teas for:
Weight Management
Workout Recovery
Rest



787- TEAS(8327)

**SCAN
ME!**



@SHAILMARIETEA

Meet the TeaBago Lady

Biana Edwards is here today to give a short talk on why she started a tea company. In doing so, she has included a simple tool to assist in assessing one's relationship with a business or project in a wholistic way.

Established in 2014 with her daughter Muzik, TeaBago Teas serves as an ode to her late parents and grandparents. Who would've taught her much of what she knows about local fruits, plants and herbs....and even after being back home for over 20 years, she's proud to say, the island is still teaching her!

Steeped in tradition, TeaBago Teas seeks to continue the historicity of healthy eating in Tobago's vibrant, yet ever-evolving food culture. She blends the past with the present in a brand that's filled with antiquity and love.

Available in Trinidad at all Excellent Stores outlets and here in Tobago at Almandoz Do it Best, Tobago Chocolate Delights, Dreamsicle Cafe and Morshead. TeaBago can also be found regionally in Grenada and the Bahamas and internationally in Los Angeles.



Inset: Biana seen here with US Rapper Common





Meet Kavita Nanhu



<https://www.facebook.com/pages/Kazya-Eventors-Rentals-More-Limited/163425993849272>

[https://www.instagram.com/kazyaeventorsrentals/JAMFITT%20\(@jamfittcrossfit\)%20%E2%80%A2%20Instagram%20photos%20and%20videos](https://www.instagram.com/kazyaeventorsrentals/JAMFITT%20(@jamfittcrossfit)%20%E2%80%A2%20Instagram%20photos%20and%20videos)

<https://www.facebook.com/NattyamYogam>

Dancer, choreographer, event planner, event management, mother, daughter, sister...you get the idea...personal trainer? Personal trainer...hmm...how did I go from the arts and event industry to a gym enthusiast? As many businesses and people were impacted by the effects of the COVID 19 Pandemic, so too did my personal life. After my escape room a.k.a the gym was closed during the Pandemic, I started keeping up with my workouts at home, it wasn't the same, naturally, but as time progressed so too did my expansion of ideas and creativity.

My personal trainer at the time was Mr. Cletious Julien, and I proposed the idea to him of training at home. Of course we did not have all the specialized gym equipment, so we had to come up with workouts that were impactful with very little equipment. This is how the cross fit element developed within our training programme and how the name "JAMFITT" came to fruition.

Several of our colleagues and neighbors came on board and our home gym grew. When the Pandemic was no longer in effect and everyone resumed "normality", I was left with a decision, I made an investment in gym equipment but I was no personal trainer. Being my calculated risk thinking self, I decided that I would continue JAMFITT on my own. I became certified and having benefitted from a number of training techniques during my gym life, I continued the JAMFITT way of training clients.

JAMFITT is continuously growing and the pride and fulfillment of seeing my clients' results is very rewarding. Not everyone prefers an indoor facility or being around a crowd and definitely a family unit has developed. Everyone supports and pushes each other, I definitely love the vibe of the JAMFITT family and as a team, we engage in other activities such as hiking, beach limes and hanging out. Some major events we hosted over the years; included self-defense sessions with the Peaceful Warriors family and our very own CrossFit and Aerobics burn out.

The brand of bad mind we evoked overflows into our personal lives and I am very happy to stimulate a team of persons who want to improve their overall health and wellbeing. We celebrate each other's achievements and push each other! Is time to JAM!

Let's Go!





Couple
Goals

Couple Goals



From the directors of *Ridiculous 6 1/2* & *Lotto Madness*



FOLLOW FOR
MORE INFO!



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PENELOPE SPENCER

& Directed by
DEBRA BOUCAUD-MASON

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No Lie

STELLAR CAST

Kearn Samuel, Serran Clarke, Nicole Wong Chong,
Shevonne Metivier, Rachel Bascombe,
Jayron "Rawkus" Remy and Natasha Lake.

CENTRAL BANK AUDITORIUM

FRI 18 OCT 8PM | SAT 19 OCT 8PM | SUN 20 OCT 6PM

Part proceeds go to Autism Societies in T&T

CLD
charu lathan dani



Teacher & Producer Patrice Edwards

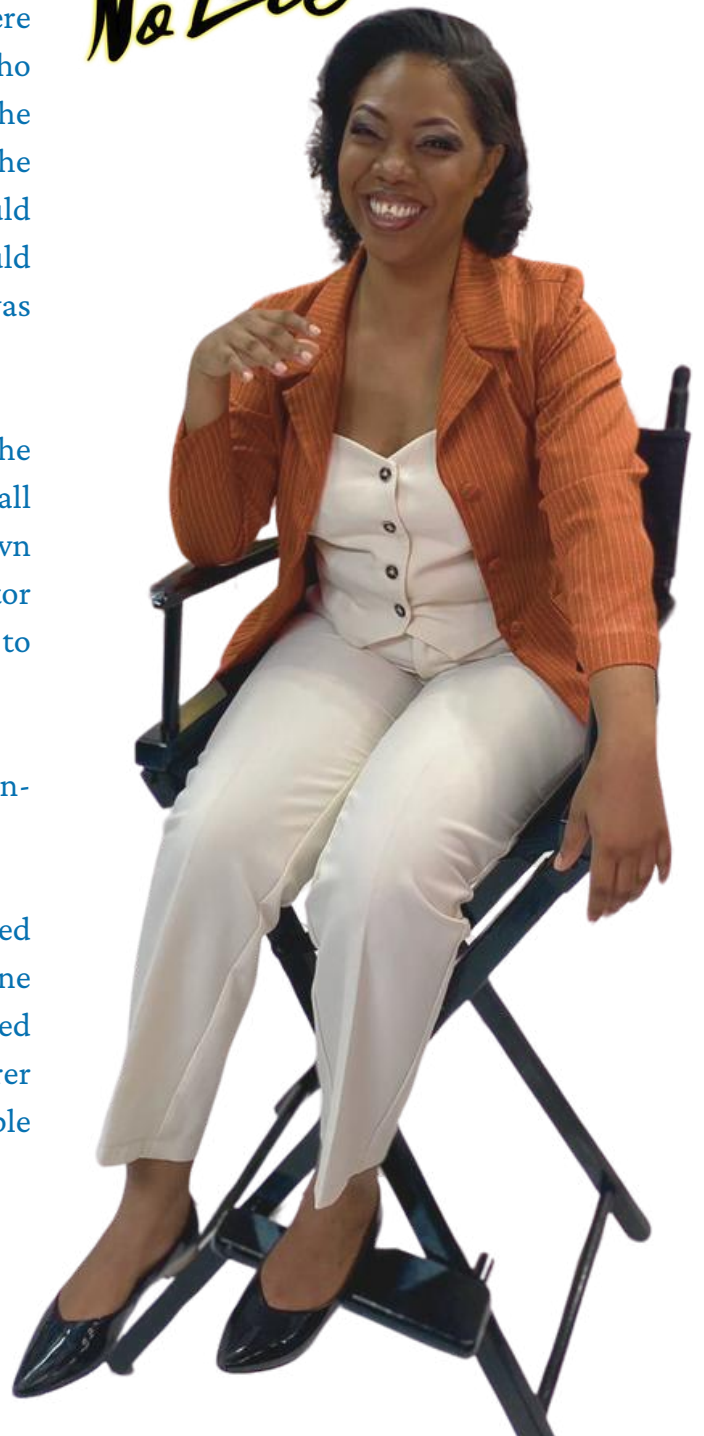
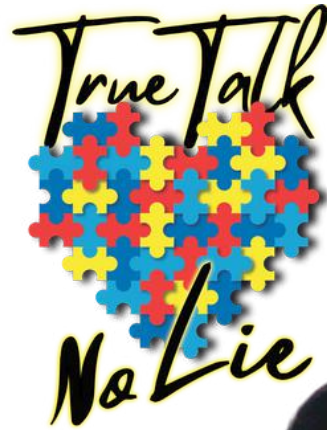
I had the pleasure of being Patrice's Social Media Manager for this amazing production, and let me tell you, this woman is a go-getter from the jump. I sat down with Patrice, and here's how the story goes:

After a serious car accident, Patrice had a wake-up call. She realized that had she lost her life that day, there would be no legacy left behind for her daughter, who was only six years old at the time. As she looked at the wreckage, which was deemed a total write-off by the insurance company, a thought struck her: "What could I do to leave something behind that my daughter could be proud of?" And just like that, the idea for a play was born.

A little time passed, and Patrice reached out to the talented Penelope Spencer. From there, it was all systems go. Penelope loved the idea, added her own creative touch, and with the help of actress and director Deborah Boucard-Mason, True...Talk No Lie! came to life.

What followed was a three-night show filled with non-stop laughter and thought-provoking moments.

The production not only entertained but also educated the audience on how to cope with a loved one diagnosed with autism. By the end, patrons walked away with a deeper understanding and a clearer perspective on the subject. It was an unforgettable experience that left a lasting impact.



This is truly a remarkable initiative aimed at raising awareness across our beautiful twin islands. It highlights the importance of ensuring that individuals on the autism spectrum receive the same opportunities and inclusivity as anyone else. Additionally, it encourages us to show more kindness and empathy towards the families and loved ones who provide support every day.

I can honestly say that this has been an experience that will stay with me forever. It's something that will always be etched in my mind. So I chime in to encourage us all to break the stigma against ASD and persons living with autism and their support systems.

- If you or anyone you know are displaying:
- Delayed language
- Difficulty with social interaction
- Limited or repetitive interests
- Delayed motor development
- Unusual sensory sensitivity

Amongst many others but not limited to, please reach out to a specialist. One of the proud sponsors for this play was OT Life - Life Occupational Therapy Limited led by Dr. Raquel Martinez, to attain a proper ASD diagnosis. You can reach them via 764-6597 for information.



From left to right: Lead Actress Serren Clarke, TV Host Ainka Williams, and Patrice Edwards



From left to right: Actor & Producer Penelope Spencer, TV Anchor Marlon Hopkins, and Patrice Edwards



A Family Affair



Getting Fit Together: Healthy Living as a Family in Trinidad

In Trinidad, life is full of hustle and bustle—school drop-offs, long work hours, and squeezing in errands. With all this, it's easy to let family time and healthy habits slip through the cracks. But what if you could tackle both at once? Making fitness and healthy eating a family affair not only benefits your health but brings everyone closer together.

Here's how you can lime with your loved ones while keeping fit and eating right!

Why Family Fitness and Healthy Eating Matter

For families in Trinidad, where doubles and bake and shark are almost too tempting to pass up, it's important to balance indulgence with healthy choices. Introducing exercise and clean eating into your family routine helps children grow with a positive outlook on health and gives parents the energy to keep up with life's demands. Plus, it's a great way to bond over shared goals and laughter.

Work Out, Trini Style

Who said workouts have to be boring? In Trinidad, we have plenty of ways to stay active:

- Take a beach run: Whether it's Maracas, Las Cuevas, or Toco, a family jog on the sand is a refreshing way to burn calories.
- Dance it out: Turn on some soca and have a family dance-off. Nothing says fitness like getting down to Machel's latest hit!
- Hike together: Trinidad is full of beautiful trails like Chaguaramas and Bamboo Cathedral. A family hike is both adventurous and rewarding.
- Play games: Cricket in the backyard, football in the savannah, or even kite flying can keep everyone active without it feeling like exercise.

Cooking Together, Trini Flavours

Eating healthy doesn't mean giving up our beloved Trini dishes—it's about making smarter choices. Here are some tips to get the family involved:

- Trini-style meal prep: Turn Sunday into a family cooking day. Make healthy versions of pelau with brown rice or swap fried foods for baked alternatives.
- Involve the kids: Let them help chop vegetables or season the chicken. They're more likely to eat what they've made!
- Try new twists on old favourites: Love macaroni pie? Use whole-grain pasta and add a handful of veggies to the mix.
- Stay hydrated: Replace sweet drinks with homemade lime juice, lightly sweetened or unsweetened coconut water.

Making It Fun and Sustainable

Healthy habits don't stick if they feel like chores. Keep it lighthearted and fun:

- Celebrate small wins, like completing a hike or trying a new veggie.
- Make it a routine—maybe every Saturday is "Fitness Fun Day."
- Incorporate family challenges, like who can do the most jumping jacks or create the tastiest healthy smoothie.

The Family That Moves Together, Stays Together

In Trinidad, family is at the heart of everything we do. By working out and eating healthy together, you're not only nurturing your body but also creating memories that will last a lifetime. So, lace up your sneakers, fire up the stove, and get ready to embrace a healthier, happier way of living—Trini style!



Meet Lynette Narine From GRENADA



My name is Lynette Narine and I was born in the beautiful spice island of Grenada in the parish of St Patrick's in a small family-oriented community known as Redmud. The community is known for its unique spices and local fruits such as nutmeg, bay leaf, cinnamon, and cocoa which can be found in abundance in the island of Grenada. Additionally, the village of Redmud has impacted my values and morals, as it pertains to the importance of spending time with family and teaching the importance of showing love, care, and God. As a child and teenager, I had the opportunity to attend the following educational institutions Samaritan Presbyterian School and then Mac Donald College.

Now I am a married mother of three loving sons and one granddaughter. The greatest impact in my life is my family, they inspire me to think positively and be the best I can be in all that I do. As an entrepreneur, I have always desired to be a vibrant, persistent, and ambitious business owner while having a love and passion for developing products and services in the food processing and manufacturing industry. At the age of 16 years, I had the opportunity to work at a local factory in Grenada that produced products such as teas, herbal capsules, noni products, seasonings, flower arrangements, nutmeg sprays, and creams.

I had the pleasure to work at this organization for 22 years of my life during which time I gained knowledge, skills, experience, and certification in craft and crochet, pattern making, garment manufacturing, Introduction to microcomputers, food, and safety sanitation from the Grenada Bureau of standards, Geriatrics nursing, business skills workshops, flowers arranging and the pure Grenada excellent champion customers service training program.

My first employer encouraged me to start my first business which was the sale and production of Penacol. He did this by purchasing my first Penacol machine and bags which allowed me to start producing this taste product to sell within my community and other neighboring parishes. Now he has gone on but his legacy lives on through me in so many ways. These include customer service, entrepreneurship, perseverance, and persistence. I am grateful that I had the opportunity to learn so much from him in food processing and manufacturing, which I am using in my own business today.

Starting my business was a big step in the right direction. I began this business to provide for my family who means the world to me. The name of the business, 3T's, was inspired by my three sons who continue to motivate me and encourage me to be a better person. The 3T's represent the beginning of my three sons, names which begin with the letter T.

My product "3T'S Flavour" is a Nutmeg Pain reliever spray consisting of 75% of local products including nutmeg oil, coconut oil, rosemary oil, methylsalicylate, and menthol.

These products can be used to provide relief for arthritis, Rheumatism, back pain, muscle pain, joint pain, cramps, or tingling in the feet.

Meanwhile, the "3T's Nutmeg pain reliever rub consists of 90 % local products including beeswax, coconut oil, rosemary oils, nutmeg oil, menthol, and methylsalicylate. The Nutmeg pain reliever rub can be used for alignments such as joint pain, muscle pain, back pain, and swelling arthritis.





UD ST. PATRICK GRENADA W.I.
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ves, joints
scles, etc.

Ingredie
Nutmeg
Coconut
Rosemary

100%
Natural
Extracts

Apply to affected

3T's
NUTMEG OIL PAIN RELIEVER SPRAY
A spray that is Natural

100%
Natural
Extracts

Ingredients:

3T's
Nutmeg Oil Pain Reliever Spray
A spray that is Natural

100%

Ingredients
Nutmeg Oil, Coconut Oil
Rosemary Oil, Menthol
Methyl, Saliclate

3T's
NUTMEG OIL PAIN RELIEVER SPRAY
A spray that is Natural

Ingredie
Nutmeg
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Ment
Met
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3T's
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3T's
Nutmeg Pain Reliever Rub

1(4



All You Need To Do Is
Just START

Meet Vera & Melinda



Meet Vera & Melinda

Vera & Melinda have shared a life-long passion for enhancing and promoting health and beauty.

What was once luxury pampering has now become a holistic approach to health and wellbeing, at Cosmopolitan Alternative Beauty we have a perceptual shift in what a Spa has become, a far more mainstream serious and widely attractive concept where real stress-reduction takes place, our clientele have been increasingly demanding our evidenced based modalities, which have clinical evidence behind them so there are real results. Under the umbrella at CAB we are in collaboration with Mellifluous, Kumsa Heri, AMPS Geriatric & Convalescent Agency, Cloak & Armor, Holistic Wellness by Senses, The Hair Bar by Reshma and Wendy Phillip. We are pioneering treatments and research into nutrition, mindfulness and wellbeing, offering everything perfectly tailored based on each client rejuvenation and healing needs.

We have understood the flaws in gender stereotypes spas, and have embraced having a unisex spa. Wellness is our ultimate goal, our services focus on intrinsic health ranging from a dietician and herbalist for overall weight loss and other health concerns, providing trained and certified medical professionals such as nurses, midwives for pregnancy-related treatments or home care for individuals requiring a concentration of attention for their various health concerns, trauma counselling/ meditation classes, massage therapist, and aesthetician that



offer more alternative approaches from traditional to modern, which aims to accomplish a more integrative lifestyle change.

We are also fortunate to become the sole distributor of all Cloak and Armor products originating from Canada from Maryam Ghany is a global visionary based in Canada and is involved in multiple industries, we are fortunate to stand shoulder to shoulder with this organisation.

We welcome all to dip your toes into a new experience that goes beyond the norm in an environment that inspires and renews, we encourage you to visit us for a free consultation and fill your days more unforgettable moments that's life transforming. Many thanks to Fortress and their team for affording us this opportunity to share our vision for Cosmopolitan Alternative Beauty and our collaborating companies.



SNACKING HEALTHY DOES NOT HAVE TO BE BORING!

For all your
Dried Fruit snacks . Beverage infusers
Seed mixes . Garnishes & more



**Dr. Chiome Quamie
Founder**





Dr. Quamie Founder of Fruit1ST



Dr. Chiome Quamie, MD is the visionary founder of Fruit1ST, where she has combined her medical expertise and passion for healthy living to create an all-natural snack brand inspired by the vibrant colors & irresistible flavors of fresh fruit. Through her personal health journey and work with many hypertensive, diabetic and obese patients, Dr. Quamie identified a gap in the market for better snacking options.

She has dedicated herself to helping others live healthier lives, addressing childhood obesity, a critical issue in regions like Trinidad and Tobago where we are currently ranked 5th worldwide.

But our journey goes beyond just crafting snacks; it's about fostering a community committed to wellness and vitality. Fruit1ST offers a product range free from additives, salts, oils, or added sugars. From Sweet Dried Pineapple snacks, bursting with the exotic taste of sun-kissed pineapples, to Dried Mango, Watermelon and Papaya, each bite is a juicy explosion of flavor.

The line also includes popular dried fruit infusers designed to encourage water intake, a favorite among both adults and children. Dr. Quamie's mission is to ensure that healthy snacks are not only convenient and nutritious but also bursting with flavor, empowering health-conscious consumers to snack guilt-free while supporting their wellness goals.

With each bite, we invite you to savor the sweetness of life, embrace the goodness of nature, and join us on a journey where health and flavor go hand in hand. So, come, experience the taste of pure bliss with Fruit1ST - where every snack is a celebration of nature's bounty.

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ORANGE
CURCUMA
MANGO
BLACK SEED

SULTAN LEMON

LEMON
MINT
ELDER FLOWER
BLACK SEED

SULTAN POWER

GINGER
GINSENG
ASHWAGANDHA
MINT & HONEY
BLACK SEED



PREMIUM  BLACK  SEED  DRINKS



HAPPY ANNIVERSARY

Candice Reid-Bethel

Editor-in-Chief of Fortress Fitness Lifestyle Magazine, Assistant Producer and Editor of Fortress FitnessTT Podcast, Social Media Strategist and Content Creator, and Director/Founder of VIRTUSCOPE VA Services

FORTRESS FITNESS MAGAZINE

CELEBRATING ONE YEAR WITH FORTRESS FITNESS LIFESTYLE MAGAZINE

DURING MY THIRD YEAR OF BUSINESS, I HAD THE PRIVILEGE OF BEING INTERVIEWED BY MS. COLLETTE HAYNES, REGIONAL MANAGER OF INTERNATIONAL BLACK ENTREPRENEURSHIP MAGAZINE BASED IN CANADA, FOLLOWING MY DEBUT SPEAKING ENGAGEMENT AT A CLIENT EVENT.

Shortly afterward, she introduced me to a visionary entrepreneur with an inspiring mission: transforming lives, one household at a time, through a groundbreaking magazine venture. Intrigued by his passion and purpose, I arranged a consultation after a brief phone conversation. His story resonated deeply, especially as it mirrored my own experience of recently losing my mother to diabetes and end-stage kidney failure. Listening to his heartfelt journey and unwavering commitment to his vision, I was immediately convinced of the project's potential.

My first assignment was to create a Facebook group aimed at cultivating a community of like-minded individuals seeking meaningful lifestyle changes. Despite four years of running my own business and previous experience managing a house rental operation, I found myself battling a touch of imposter syndrome. I worried about the timeline for growing his audience to the first 100 followers.

Yet, the opportunity to help build a platform for positive change was both humbling and invigorating—a reminder of why I embarked on this entrepreneurial journey in the first place.

Over the past year, I have proudly served as the driving force behind the visionary mission to launch and publish Fortress Fitness Lifestyle Magazine while also producing and elevating the branding of the Fortress FitnessTT Podcast.

As we celebrate this remarkable milestone, I reflect with pride on our achievements. From energizing walks up Lady Chancellor to organizing our inaugural Health Fair and Symposium, we have created opportunities to connect with numerous entrepreneurs in the health and wellness industry. Building a platform where these individuals can be both seen and heard has far exceeded my expectations.

Through my brand, VIRTUSCOPE, I remain steadfast in supporting the mission and growth of Fortress Fitness Lifestyle Magazine. This celebration would be incomplete without expressing gratitude to all—past and present—who have contributed to our journey and success thus far.

We eagerly anticipate continuing to deliver valuable, impactful content to our audience each quarter and every Saturday at 7 PM through our YouTube podcast series. Here's to more milestones ahead!





1st
ANNIVERSARY



Special Thanks to



Gulf View Fitness Centre





Merry
Christmas

*Want to be featured in our Quarterly Issued Magazine?
Contact us via:*

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Find us on  @Fortress Fitness Lifestyle Magazine



SCAN ME

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