

FORTRESS FITNESS

LIFESTYLE MAGAZINE ISSUE 3 - 2024



FITNESS GOALS

NICHOLAS RAMNARINE SINGH,
HEALTH & FITNESS GYMS
DIRECTOR

SISTER SILVER FOX DEBUT

OUR T&T ROBOCOP

NUTRITION CORNER

IFBB ELITE PRO ATHLETE
ABENI PROCOPE

DAILY HEALTH RECIPES

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Editor's Note

ON FITNESS GOALS ISSUE 3

At our core, we champion a lifestyle that prioritizes thoughtful choices over reliance on medication. We believe that adopting meaningful changes, particularly in our dietary habits, is key to achieving a longer, healthier life and cherishing time with loved ones. In this issue, we spotlight individuals who embody this philosophy and inspire others to follow their lead.

*Candice
Reid Bethel*

Editor-in-Chief



I'm excited to share some truly delectable snack options with you—your taste buds will thank me later! We're also incredibly grateful for the unwavering support and positive feedback we've received for our YouTube podcast series. A heartfelt thank you to everyone who has joined us and contributed to our growing community!

Abeni Procope - Fortress Fitness Trainer, Nutrition Coach, and Consultant



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DITCH FAD DIETS—MAKE IT A LIFESTYLE INSTEAD

By Amber Alexis, MSPH, RD

The health and wellness space is bombarded with short-term, quick fix fad diets that usually emphasize rapid weight loss. Unfortunately, these diets are not sustainable for the long-term maintenance of your weight loss, and they also increase your risk of developing eating disorders, disordered eating habits, and body dysmorphia. Not to mention, they may compromise your mental well-being—think about the food fear, obsession, and guilt and shame that go along with these diets.

It's time to get off the yo-yo dieting bus. In this article, we explore the concepts of food freedom and mindful eating in the pursuit of health and intentional weight loss.

FOOD FREEDOM AND MINDFUL EATING

“Food freedom” is an emerging, revolutionary concept in the health and wellness space.

In short, it refers to ditching dieting culture and restrictive diets by giving yourself permission to enjoy all foods in moderation (unless allergies or medical needs prevent you from eating certain foods).

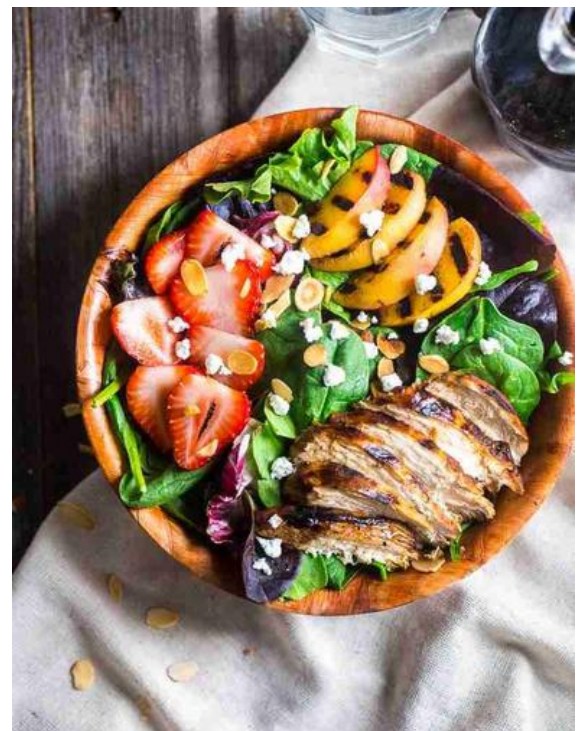
With that approach, you're able to build a positive and judgment-free relationship with all foods, where guilt is not considered an ingredient in the eating experience.

The principles of mindful eating also fall under the umbrella of food freedom. While not a new concept—it is an ancient, mind-body Buddhist practice—mindful eating helps to cultivate self-trust around food choices and reject unnecessary restrictions. Mindful eating fosters a state of nonjudgmental awareness that engages your senses — sight, smell, taste, and feel — during a meal. It is the art of being present while you eat.



Research also shows that mindful eating can be used to support recovery from eating disorders and is associated with a lower body mass index (BMI).

Overall, food freedom and mindful eating can help people overcome diet culture and introduce flexibility for intentional weight loss.



WHY CHOOSE FOOD FREEDOM AND MINDFUL EATING?

A 2017 study demonstrated that dieting – accompanied by body dissatisfaction and the pursuit of thinness – increases the risk of developing bulimia nervosa, binge eating disorder, and purging disorder.

Even dieting among inherently lean individuals increases their risk of developing anorexia nervosa.

The multibillion-dollar diet industry promotes the “thin ideal” with unhealthy weight management behaviors, potentially encouraging disordered eating patterns that can contribute to the development of eating disorders.

There’s evidence that dieting doesn’t help those who are seeking long-term weight loss, either.

Weight regain within 1–5 years is common among chronic dieters, and approximately 33% of dieters regain more weight than they initially lost.

Loosely, this can be translated to: if you lose it quickly, you’ll regain it quickly.



Food freedom as a mindfulness-based practice may address disordered eating, including emotional eating and binge eating disorder. It can also help you avoid eating in response to external cues, such as the sight or smell of foods, when you’re not physically hungry.

HOW TO GET STARTED

Although the principles of food freedom and mindful eating are not weight-focused, it’s possible to pursue intentional weight loss using this approach.

How? By focusing on health-promoting habits while instituting small calorie deficits that promote slow-paced weight loss without completely avoiding pleasurable foods.



Here are some tips to get you started:

- Work with a registered dietitian who implements mindful eating techniques to guide you.
- Work on unlearning the idea of morality from foods. Understand that you're not a bad person for eating a pleasurable food and that food choices should not make you feel inferior or superior to others.
- Give yourself permission to enjoy pleasurable foods regularly. This way, you won't feel out of control around certain foods and later binge eat.
- Focus on health-promoting habits such as staying hydrated and engaging in fun physical activity. Health is more than just the number on the scale.
- Tune in to your internal cues, such as emotions and feelings of fullness and hunger, rather than simply the external cues of eating (such as eating because it's a specific time of day or because you feel you must finish all the food on your plate).
- Eat slowly, without distractions, and savor your food.
- Focus on how a food makes you feel, and choose more foods that make you feel good.

TAKEAWAY

“Food freedom” refers to a non-diet approach to nutrition, that encourages you to tune in to your internal cues of fullness and hunger, decoupling foods and morality, and focusing on health-promoting behaviors – not just the scale.

At its core, food freedom and mindful eating principles don't focus on or promote intentional weight loss.

Rather, they help you discover and engage in health-promoting habits that may lead to gradual weight loss through instituting small calorie deficits.

These frameworks help people foster positive relationships with foods and their bodies that are built on self-trust and self-compassion rather than only focusing on the scale and thin ideal.





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IFBB ELITE PRO ATHLETE ABENI PROCOPE

Abeni 'Pro' Procope is a dynamic and accomplished businesswoman and athlete.

She embodies an adventurous spirit, fearlessly exploring new horizons. Her bravery shines through challenges, displaying unwavering loyalty to those she holds dear.

A fast learner by nature, Abeni approaches life with a calm demeanor, finding joy in laughter and valuing honesty. Her protective and caring nature extends to loved ones, and she is known for being outspoken and unafraid to express her thoughts openly.

Born and raised in sports, Abeni's journey began with karate and track in primary school, followed by swimming and bodybuilding. She is the first Trinbagonian athlete to transition from amateur status in the Bikini Fitness category to the Body Fitness category, and then back again. Initially competing in Bikini Fitness for six years, she transitioned to her long-desired category of Body Fitness in 2019. Abeni competed as an amateur in two consecutive shows, winning both, and then went on to compete in an international competition in Barbados for a chance to win her professional card status.

Remarkably, she won the Pro qualifier in the morning and secured her pro debut just a few hours later on the same day, all within just ten months. She is the first International Federation of Body Building (IFBB) Elite Body Fitness professional athlete in Trinidad and Tobago and the first in the Caribbean to achieve this title.

She is also the first Trinbagonian athlete to win their professional card status and pro debut on the same day. With over a decade of experience as a fitness model, Abeni achieved a world ranking of 10th in the Body Fitness category in 2019.

She has been a certified fitness trainer for over 12 years, a certified TRX instructor for 8 years, and a certified nutrition coach and consultant for over 12 years. Additionally, she is a certified mental toughness coach.

Beyond her athletic career, Abeni is the owner of Artistic Palette, a handmade home and office decor business. She has recently reinvented herself and is on a mission to continue inspiring women to embrace health and fitness.



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TOASTING to 200 YEARS and BEYOND





NICHOLAS RAMNARINE SINGH, HEALTH & FITNESS GYMS DIRECTOR

As the Director of Health & Fitness Gyms 6 locations, Nicholas brings a wealth of experience and a passion for fitness to the forefront of the gym's operations. With over 3 years being a gym addict and managing a gym franchise with 16 years in the fitness industry, Health & Fitness Gyms has established a reputation for delivering exceptional results and creating a motivating environment for both clients and staff.

Under Nicholas leadership, Health & Fitness Gyms has, expanded membership, launched new fitness programs and increased community involvement. He is dedicated to fostering a supportive and inclusive atmosphere, where every individual feels empowered to reach their full potential.

Outside of the gym, Nicholas enjoys travelling, partying and learning new skills, which he believes contributes to a balanced and healthy lifestyle. He is also actively involved in community services, reflecting a commitment to both personal growth and community enrichment.

With a vision to continually elevate the standards of fitness and wellness, Nicholas is excited to lead Health & Fitness Gyms into a future of growth, innovation, and success.

THE SILVER FOX CORNER







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BECOMING THE 'SILVER SISTER'

VERONIQUE

My name is Veronique Mc Carthy and I'm a proud mom of three. My fitness journey started over twenty years ago at the age of 29.

One of the highlights of my fitness journey was my experience of surviving a life threatening and debilitating pregnancy sickness, Hyperemesis Gravidarum (HG). This taught me that fitness goes far beyond physical appearance. Not only was my body prepared but my mind was also prepared for the dilemma I was faced with as my physical appearance deteriorated daily. Not being able to eat or drink anything I was left with the only option of being fed intravenously which kept going from day to day.

Halfway through my third trimester, I was able to eat and digest half of a boiled potato. At this point I weighed 90lbs and it hurt to walk but I made up my mind to get back to the gym as soon as I had my daughter. Six weeks post-pregnancy my doctor gave me the okay to go back to the gym with my promise to not go heavy on anything. I walked back in the gym a skeleton of who I was before determined to surpass my lifestyle goals pre-pregnancy. This I am proud to say I have achieved.

Every day I aim to be a better version of the person I was yesterday. My pregnancy happened at 41 and I am now a dynamic and energetic 50 year old, mind, body, and soul. I am thankful I chose this way of life and I encourage everyone to make that lifestyle change if they haven't already. I am proud to be a part of the Silver Fox Tribe!



Meet Veronique Mc Carthy

DEBUT



FRUIT SALAD

Transform your tastebuds with a symphony of freshness in every bite—who says salads can't be excitingly delicious?!



Suspension Belle

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Meet Kerine Farmer

Kerine Farmer is the owner and founder of Suspensionbelle Fitness, a business that was started in 2016 to empower women to be their best selves with self love, fitness and supportive nutrition. Her main goal since then has been to make fitness as accessible as possible to busy, high achieving women who may not be inclined to leave their homes in order to accomplish their fitness goals.

Kerine, having come from a corporate environment in which she worked as an IT Business Analyst, witnessed first hand how many high achieving women neglected both their physical and mental well-being by foregoing necessary self-care practices like staying fit and eating well. So, with 9 years of being an avid fitness enthusiast under her belt, she got her first Personal Training Certification from the International Sports Science Association 2010 mostly to become knowledgeable to train herself more effectively. However, soon she became the “go to” for fitness education amongst all of her peers and proceeded to obtain her Personal Training Diploma and certifications in Suspension Training and Kettlebell Training from The National Personal Training Institute in Orlando, Florida, in 2016.

After receiving 600+ hours of hands-on, in-the-gym training, she joined the fitness industry part-time at her current place of employment where she taught lunch break fitness classes. This fuelled her desire to serve much more in this way since it lit her soul to see women thrive as they got healthier, stronger, fitter, leaner and more confident. For many of her students, fitness was an outlet for the many stresses of a demanding job and hectic family life and she was excited to be able to provide a fitness solution in the middle of their work environment.

In 2018, when the company she worked for was closed down, Kerine was excited to be afforded the opportunity to join the fitness industry full time in her own business. Since opening Suspensionbelle Fitness she has worked with many women in their homes, in the gym and online bringing about not just the physical changes but the mental changes desired by her students. In her opinion, her greatest achievements to date have been facilitating getting a diabetic client off insulin and helping another student with severe mobility issues move much more normally. Other accomplishments like getting students to their desired weight and helping them perform in ways they never dreamed they could has also been a source of pride in her work.

She is really passionate about guiding students who feel powerless over their bodies through the process to the point of feeling physically and mentally strong, sexy and confident. Her fitness work has been the most rewarding work she has ever done and will continue to do as long as her students continue to put their trust in her.

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By: Hayden Lezama



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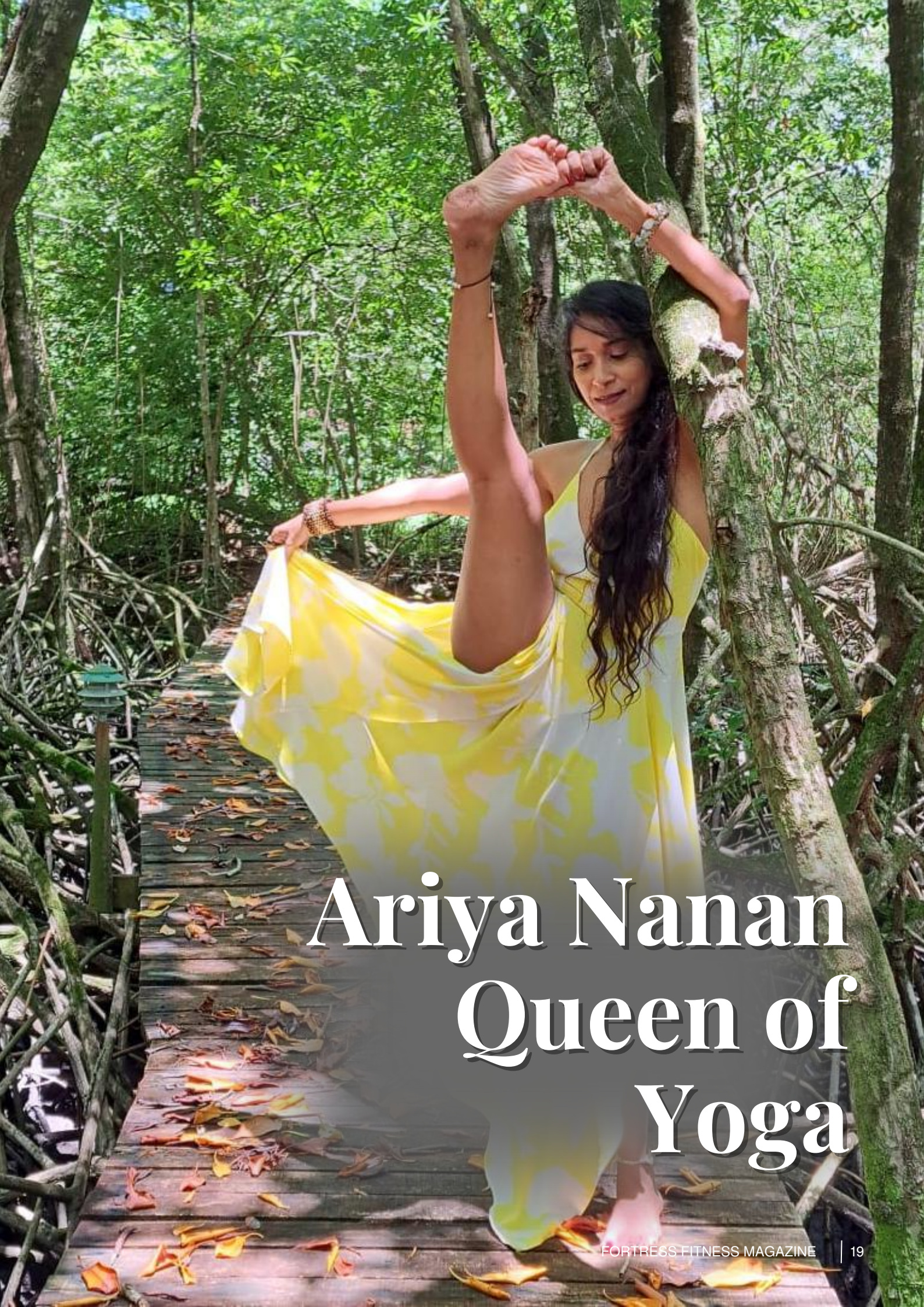
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Ariya Nanan Queen of Yoga

Meet The Queen of Yoga

About Ariya Nanan:

When I first discovered yoga I thought it was about flexibility and fancy poses, as my practice

evolved and I realized the numerous benefits I've made it part of my lifestyle.

I've been practicing yoga for fifteen years and in 2016 I became a certified yoga instructor RYT 200 at Iyerzone Yoga Centre under the guidance of Dr. Sunder Iyer, where I conducted yoga sessions daily. I was the yoga host of CNC3's Fitness Plus, one of the first local yoga television programs from 2017 to 2019.

Overall yoga has positive impacts in physical and mental well-being, improved concentration, strength, and health. I'm an Engineer by discipline and continuous yoga practice has allowed me to manage a busy lifestyle with increased energy, reduced stress, increased confidence and focus along with better time management.

Yoga is a never-ending learning curve, I learn from teachers, students, peers, and myself. It gives me great joy to share the benefits of yoga as my practice unfolds daily.



Meet The Queen of Yoga

What yoga means to me:

I started off doing yoga as a means of physical exercise but the intangible benefits such as improved mental and emotional health encouraged me to include it in my daily routine, notwithstanding flexibility, strength and overall good health are bonuses. To me, yoga is a lifestyle and not just a physical practice of difficult poses.

It gives the right balance to survive each day by helping one to be strong, mindful, and present. Yoga brings a fulfilling state of quietude which is usually impossible to achieve otherwise, and it gives me great joy to share this wonderful practice.

Follow me on instagram/ariyoga_yogini for more, 1 868 714 7555, ariyananan@gmail.com

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- *Yoga for flexibility * Chair Yoga*





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Simple Snack

- Layer some greek yogurt
- Granola
- Fruit

Repeat until you have a tower of deliciousness 😊 eat and enjoy

RECIPE
Tuesday



Simple Granola

Almonds
Cranberries
Oats
Pumpkin seeds
Chocolate chips

And any other nuts,
grains or seeds of choice

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Abeni **PRO**
FITNESS

Wednesday
RECIPE

Flourless, Sugar-Free

Chocolate Cookies



Ingredients:

- 1 cup almond butter (unsweetened)
- 1/2 cup cocoa powder (unsweetened)
- 1/4 cup honey or maple syrup (natural sweetener)
- 1 large egg
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- A pinch of salt
- Optional: 1/4 cup dark chocolate chips (sugar-free)

Instructions:

1. Preheat Oven: Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix Ingredients:
In a large bowl, combine almond butter, cocoa powder, honey or maple syrup, egg, vanilla extract, baking soda, and salt. Mix until a smooth dough forms.
3. Add Chocolate Chips: If using, fold in the dark chocolate chips.
4. Form Cookies:
Scoop tablespoon-sized portions of the dough onto the prepared baking sheet. Flatten each cookie slightly with the back of a spoon or your fingers.
5. Bake: Bake for 8-10 minutes, or until the cookies are set and slightly firm to the touch.
6. Cool: Allow the cookies to cool on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.

Enjoy your healthy, flourless, sugar-free chocolate cookies!



Abeni **PRO**
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Thursday RECIPE



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Special Tea

1/4 tsp Cinnamon
1 tsp Honey
1 tbsp Lime Juice
1 cup Hot water
Mix well and enjoy, ahhh!

Healthy Banana Oat Pancakes



Ingredients:

- 2 ripe sliced bananas, frozen
- 1 cup rolled oats
- 2 eggs
- 1/2 teaspoon vanilla essence

Instructions

- Blend together the two eggs, vanilla essence and the sliced frozen bananas.
- To maintain the texture of the rolled oats, hand mix along with the blended mixture.
- For a smoother consistency, blend in the oats.
- Evenly distribute spoonfuls of the mixture onto a non-stick or pre-greased skillet.
- Enjoy! 😊

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Chef Candice Procope

Born on September 17th, 1984 to Mrs. Janice Procope, I embarked on an educational journey that fostered my passion for culinary arts. My early education included Beryl's Private School, St. Roses' Girls RC School, and Five Rivers Junior Secondary School, where my love for food began to blossom. Following this, I attended St. Augustine Senior Secondary Comprehensive, also known as "The Green Machine," where I pursued Food & Nutrition.

My mother once wisely remarked, "You like to eat, then learn to cook!" Taking her advice to heart, I have never looked back. My culinary journey is driven by creativity and a love for both local and international cuisines. I prefer to innovate rather than follow recipes, often visualizing a dish before bringing it to life.

Throughout my career, I have gained invaluable experience and education from esteemed institutions and roles, including:



- YTEPP (Youth Training and Employment Partnership Programme)
- St. Augustine's School Canteen
- Eston Training Center for Girls
- Bootleggers (Line Cook, later Supervisor)
- Benihana (Teppanyaki Chef)
- Hyatt (Commis Chef)
- Chaud Café & Wine Bar (Sous Chef)
- Flame Express Grill (Supervisor)
- Lowkally Gourmet (CEO, Self-Employed)

I am deeply grateful for these opportunities and the many more that have shaped my career.

Due to the pandemic, my business, Lowkally Gourmet, had to be put on hold. I am currently back in the public working sector, but my dream is to reopen with a flourish. I cherish the joy on customers' faces and the enriching conversations we shared.

Until then, I continue to innovate and create for my three children, aiming to build a business they can be proud of. I offer meal plans, meal prep, and catering for small and intimate events, striving to provide exceptional culinary experiences.



Chef Candice Procope



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Meet Avery Alexis





Hi, I am Avery Alexis, 34 years of age and I was born in Trinidad and Tobago, raised in the towns of Arima and Mayaro. I attended the Pinehaven SDA primary school followed by the Caribbean Union College secondary school better known as CUC Secondary School. My tertiary education was completed at the University of Trinidad and Tobago (UTT) in the field of Maritime Operations-Navigation to become a UK Certified Merchant Navy Officer Of The Watch (OOW).

After many years of working at sea gaining experience on various vessels, companies, and countries, I furthered my studies in the United Kingdom at the South Shields Marine College where I studied the Merchant Navy Unlimited Chief Officer/Master program to become an Unlimited UK Certified Chief Officer.

Outside of my career, growing up, I loved the outdoors and sports, so I was involved in football, cricket, swimming, basketball, track and field, and in my later years I got into the sport of Dragon Boating. However, during my childhood I was quite sickly due to my diet as it consisted of a lot of snacks and soft drinks and I was in and out of the hospital and doctors' offices frequently. In my early teens looking back in retrospect I saw how much sacrifices my parents went through with me being sick frequently, so right then was the time I took my health into my own hands.

I stopped drink soft drinks for the remainder of my Secondary school years and also stopped eating snacks, in turn I started eating more whole and complete home-cooked meals. My mom juiced green juices for my brother and I every morning, which gave our bodies the boost in health it needed. This boosted our immune systems, alkaline our bodies and energy levels significantly improved, and to this day I still have a relatively strong immune system as I continued with the similar lifestyle.





I was then able to compete in sports more efficiently and at a greater level than I was. Hence, at the tertiary level, I was able to play basketball at a competitive level being on the University Campus's Team competing in the nationwide Universities Tournament, where our team placed 2nd Overall to note. Now, personally, I am a devoted family-oriented and god-fearing person, being a husband and a father of two beautiful children. I continue to be a very sporty and adventurous person, who likes to exercise and keep myself active in various ways and travel.

Travelling to different countries and experiencing new cultures is something I enjoy doing as it brings new and exciting experiences and education. I started weightlifting just after secondary school as my main form of exercise and to keep me centered while keeping life's stress levels down.

Dragon Boat was the last competitive sport I competed in being a part of a few different teams, however, I competed for a few years with the Paddle to One Drum Dragon Boat Club. With this club I was able to attain the opportunity to compete abroad in the United States. I commenced training to join the Trinidad and Tobago National Dragon Boat Team, however, the National Program was cancelled during that time. Being in the Paddle to One Drum club afforded me many opportunities, one of which was to meet my lovely wife, as she was a member of the same club and was also a member of the National Team. 10 years we have been together, and we have been married 6 years out of the 10. During our relationship, we both decided to become PADI Certified Open Water Scuba Divers as we enjoy experiencing the vast nature the underwater world has to offer. We have explored the underwater world of different countries during our time together thus far and continue to plan for more. Today, we simply enjoy various adventurous family activities as often as we can amidst life's busy schedule, and to also show our children the benefits of the health and wellness lifestyle and what it means.



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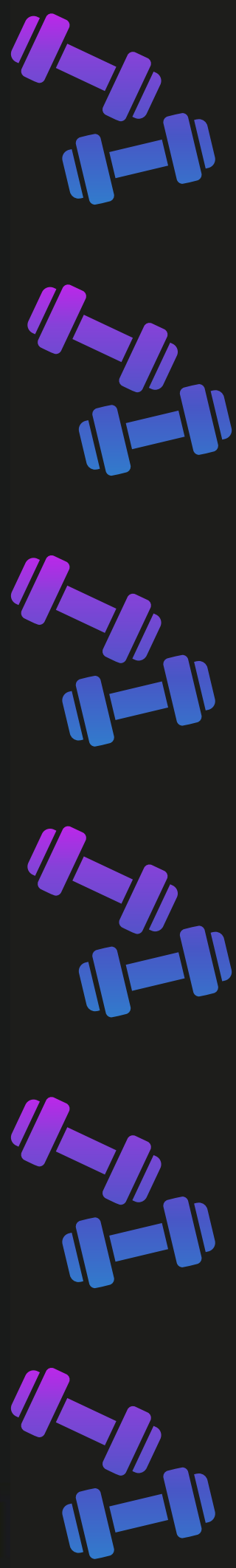
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T&T Official RoboCop

Meet Shane Smith

On the day Police Constable Shane Smith lost his left leg in a road traffic accident, his son was born. Despite the life-altering event, Smith remains grateful and determined to embrace life fully.

On March 26, while riding his police motorcycle west along the Churchill-Roosevelt Highway, Smith skidded on gravel near the Samaroo Roundabout, El Socorro, and was thrown into an electricity pole. The impact resulted in the immediate amputation of his left leg. A passerby, Kevon Neptune, quickly assisted, driving Smith to the Mt Hope Medical Sciences Complex.

Reflecting on the ordeal, Smith shared, “It was hard, but my son was born the same day. My wife went into labor when she came to visit me. We prayed, and she named our son ‘Mercy’ because I survived. I’m incredibly thankful for life and the chance to meet my son.”

Smith met his son several days after being discharged from the hospital. He is adjusting to life without his left leg, determined not to let it demoralize him. “It’s an adjustment. When I had all my limbs, I took everyday activities for granted. Now, every movement requires effort. It’s hard, but it hasn’t broken my spirit. I’m just living life.”



Meet Shane Smith

He draws strength from his faith and his supportive wife. “She’s always there, and I love her,” Smith said. His passion for motorcycles began in childhood, and he hopes to ride again one day, despite the challenges. As he spoke about riding, his face lit up with a boyish grin.

As I drafted this bio I was immediately taken back to the song Mercy Said No and the part that said:

“Mercy said no
I'm not going to let you go
I'm not going to let you slip away
You don't have to be afraid
Mercy said no
Sin will never take control
Life and death stood face to face
Darkness tried to steal my heart away
Thank You Jesus, Mercy said no...”
~Cece Winans





Craig The Unstoppable

So where do I begin, My name is Craig, I was born with cerebral palsy (brain damage) and a handful of other challenges associated with it but I don't write myself as some sad story so don't expect this to be some type of fairytale ending or things always turn out ok endings it only does if you make it a good ending or as I'd say if you want something bad enough you'll go out and do it. So back to business, you'd think yea automatically limited by what can and can't be achieved, if you think yea then you already prematurely limited your, own ability to a certain point I don't think you could be more incorrect, a person is only limited by his or her beliefs and determinations. My life let's see... I constantly need to train my body to maintain its function physically, training through the pain of joint degradation. At an early age, constant muscle nerves, and various other pains along with not being able to properly sleep and a few more things associated with my condition that varies from person to person that I won't list to keep this short, I also have trouble with balance and motor function as you may notice if you observe me with walking also but let's be real if I don't train and take care of my body I'll face the pain of a having a bad body that's hardly physically functionable when I train I face the pain of putting my already affected body under more painful stresses but difference is this one I gain from it so ultimately comes down to picking your struggle, the pain of not doing something or the pain of doing something and you as an individual and which one you pick shows your character. Outside of my disability I'm a regular person just like you I have my regular challenges some may be

affected by me being different but it's nothing I make a problem over because guess what everyone has problems and trying to seek attention one either tells me it's not something substantial to begin with or it isn't genuine, in this world you have to do everything outta pure discipline because I can tell you motivation isn't there at every waking moment, simple words I live my life by is I just do what I have to do there isn't anything special behind it. You might be reading this thinking probably this is a little to black and white or harsh but sooner you open your eyes to reality sooner you become a better version of yourself, this is supposed to be an insite or a bio of me but I think letting you know a bit about my mind and outlook would tell you vast amounts more than what a physical description of every surgery, every screw, every Titanium plate in my body could ever really relate to you, all I really want to close this off by saying is I really like the feeling of training my body because it's the ultimate expression of who you are as a person look all around us life style deseries run rampant because majority of people are weak minded and gravitate towards what's easy in life not what's hard but that's why we do things that are difficult to ultimately become a better individual either for yourself or your loved ones, do with this information as you please this short write up was really off the top off my head but I really hope who's reading it can gain something positive from anything I said I'm not big on BIOs because we constantly change as individuals but I hope my short summary of myself was enough thanks for this opportunity. Become the best version of yourself



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About Us

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Our company offers a range of all-natural and organic skincare and haircare products that are made with care and attention to detail. From lotions and soaps to oils, scrubs, and hair butters, we have everything you need to give your skin and hair the care it deserves.

We believe that nature has the power to heal, and that's why we use only the highest quality natural ingredients in all of our products. Our team is passionate about creating products that are not only effective, but also gentle and safe for your skin and hair.

At Patrick - Thomas Enterprises, we are committed to sustainability and protecting our environment. That's why we source our ingredients locally, supporting our community and reducing our carbon footprint.

We take pride in providing our customers with natural skincare and haircare products that are not only good for you, but also good for the planet. So why not try out our products today and experience the amazing benefits of local herbs and ingredients!

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Representing Fitness Throughout The Ages









A message from the COO of Fortress Fitness Lifestyle Magazine

It's your boy Vic!

With this third issue being out, I take this time to share the same sentiments as our editor in chief would have shared earlier in this magazine.

More importantly, I take this time to issue yet again, another heartfelt thank you to my team for their dedication and commitment to my brand.

I thank all who have been supporting us throughout, and we will continue to bring you quality content through our magazine, podcast series, and social media platforms.

To our valued partners and collaborators I can't express enough the level of gratitude in my heart.





Find us on  @Fortress Fitness Lifestyle Magazine



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