Fitness & Nutrition Programs

Personalized Meal Plans

WepaFit meals are designed to meet your unique needs and goals. Whether you’re looking to lose or gain weight, control your diabetes, cholesterol, blood pressure, allergies, or stomach discomfort, among other things, you can rest assured that your meal plan will be safe and effective. Just as importantly, I also take into consideration your lifestyle. If you travel for work, have a packed schedule with your kids or simply you don't like to cook—I'll have a plan for you!

All plans include a Nutritional Analysis to help you find the best supplements for your needs.

Customized Workout Plans

With a WepaFit customized workout plan you can exercise with little or no equipment in the comfort of your own home, at the park or at the gym. Your workout plan will be designed taking into consideration not only your goals, but also your health status and/or physical limitations (e.g., back pain, knee/hip replacement, rotator cuff injuries, COPD, chemotherapy treatments, sports injuries, etc.)

All plans include a Nutritional Analysis to help you find the best supplements for your needs.

Body Building/Bikini Competition Training

WepaFit training packages include contest information, fitness pre-assessments and a nutritional analysis, plus our "Eat 2 Compete" meal plan and "Leaner is Better" workout plans that are modified as you progress. Posing practice sessions; help with choreography; free passes for my workout classes and backstage support are part of each package. I can also put you in contact with the best spray tanning services, hair stylists, make-up artists and nail technicians to ensure you look your very best on stage.

Group Exercise Classes

Zumba

Zumba combines Latin and International music with a fun and effective workout system. Move to the rhythms of salsa, merengue, reggaeton, bachata, cumbia, and much more! This is an excellent way to burn calories, melt away fat, and boost your energy while having a blast. Classes can be held at any location, scheduled for retreats or given in the comfort of your own home. Ready to join the party?

Holy Bodies

Your physical condition affects your attitude, outlook on life, and ability to serve God and others to your full potential. “Holy Bodies” includes 30- to 50-minute workouts that combine low to medium impact moves with the sound of upbeat, uplifting, and encouraging Christian music. My mission is to help participants embrace their bodies as dwelling places of the Holy Spirit and teach them how to take care of themselves through physical fitness and healthy eating. Classes can be held at any location, scheduled for retreats, or given in the comfort of your own home.

*“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.”* (1 Corinthians 6:19, NIV).