

A work-out of art

Exercise gives grad inner strength by Lydia Baillie



Arms, and dangerous: Bean-Sole calls "exercise her drug," and it shows.

REPORT CARD

STUDENT Natalie Bean-Sole

GRADUATED Thornlea, 1991

BEST SUBJECT Nutrition

WORST SUBJECT Math

CURRENT JOB Founder, Nutrition Forever Inc.



ON GRADUATION DAY, Natalie Bean-Sole was awarded 'most likely to be successful with people.' That early prediction was certainly an accurate one. Now a healthy lifestyle guru with her own thriving business, she makes a living out of helping people overcome weight problems and stay in shape.

"I struggled with my own weight all through my childhood and my teenage years," the Thornlea grad says. Bean-Sole says overcoming this obstacle gave her inspiration to make others aware of the importance of healthy eating and regular exercise.

After completing her Fitness and Nutrition course at university, Bean-Sole decided to set up Nutrition Forever Inc., a weight loss and healthy lifestyle centre.

"What makes us unique is that everything is one on one, it's personalized," she says. Eating plans and exercise regimes are developed to suit individual needs.

And she deals with some famous individuals at that, including Marilyn Dennis of *Citytv*. Dennis is among a number of bold-face names, TV and radio personalities who visit the centre whilst in town to keep their weight and fitness on track. Some sports personalities are even sent Bean-Sole's way by her *Hockey Night* brother Elliot Friedman.

Bean-Sole enjoys every aspect of her job, and loves sharing her knowledge of health and nutrition, having made appearances on *City*

News, *CTV*, *Perfect Fit CP*, *Breakfast Television* and *Rogers TV*.

But what she finds most rewarding is her clients' success. "One lady who had tried many alternatives beforehand lost 100 lbs within nine months and has been successful in keeping it off," she says. However Bean-Sole warns readers exercise is not a quick fix, but about a change in lifestyle.

"It takes commitment, but we're there for our clients 24/7 to help," she says. "We keep people on track via telephone — and also have a food line and a chef."

Admitting that before the age of 14 she was a couch-potato, Bean-Sole is now addicted to exercise.

"Give me exercise and I'm happy," she laughs, "it's my drug! It gives you positive energy, is good for the heart, the brain, I can't get enough."

She takes her training seriously, working out at 6 a.m., six days a week. Despite being 8-months pregnant, Bean-Sole continues her rigid exercise plan.

"It makes me feel better — I'm already planning to lose the weight following my pregnancy."

And the baby is all that has kept her from participating in this year's Toronto Marathon. She describes it as "the biggest high" and can't wait to run it again next year.

She also plans to be working six weeks after the birth of her child.

"I enjoy seeing the company evolve," she says. "I deal a lot with children today and it's important as obesity problems come to the fore."