

metro

MONDAY, JANUARY 30, 2006

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PHOTO BY ENZA SUPERMODEL

ON THE MOVE WITH ENZA

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**Metro's columnist
catches up
with readers:**

Natalie Bean-Sole, a nutritional consultant, runs her own company Nutrition Forever Inc.

Her attention to keeping in shape and eating right has lead her to being featured on several lifestyle shows and marketing her own line of ready-to-go all natural nutritional supplements and snacks.

Her duties of being a new mother and running in the occasional marathon are what keep her busy when she is not at work.

Learn how to get fit at www.nutritionforeverinc.com.

Watch for Enza on the move and you could receive a Metro pedometer to help you stay fit.

