

One On One with Kamaal

# FULL FIGURED AND FIT!

In the millennium 2000, the full-figured woman has come into her own! She can dress beautifully, have a career, home, children, active social life and most important, love herself!

Say Kamal "The Rock" Muhsin, owner of the Forum Private Fitness Club in Westchester, CA. "everyone does not have to be thin to be beautiful. This is a myth that society has created."

My objection is to alter the dictates of society by designing fitness programs that emphasize techniques of shaping, trimming, sculpting and firming the full-figured body. "my fitness program makes big beautiful by toning the entire body. A full figure that is toned through a systemized workout which tightens the legs, lifts the breast, flattens the tummy, firms the arms and shapes the buttocks is a beautiful sight to behold"

Kamal's program has helped many women become more self confident and satisfied with their beauty. "I don't recommend starvation diets. Instead, I tell my clients to pay more attention to eating more vegetables and fruit and avoiding foods that are high in fats, starches and cholesterol"

Workouts that stimulate the flow of blood to every muscle make exercising therapeutic as well as beautifying. A fit body helps prevent high blood pressure and heart disease. Kamal also includes, in his fitness program, exercises that stress the bones, building bone mass to avoid osteoporosis later in life.

Beauty, health and strength are attainable goals for women of all sizes. Asserts Kamal, "It's time to show the world that big is beautiful in more ways than one."