

INTERNATIONAL
**TOP
100**
MAGAZINE



Meet Kelly Fox
Entrepreneur/Pro Marketer
Page 14

HEALTH AND FITNESS

Marilyn K. Dorlac is the president of Native Amazon Productions Inc., a Canoga Park, California-based company that offers fitness programs that teach, motivate, and inspire individuals to take fitness to the next level. Marilyn founded the company in 1995 with the ultimate goal of providing products and services that would allow people to achieve their weight loss goals. That same year, she created the 15 Minute Motivational Workout and *K-PAL TV* gave her the opportunity to host her own show, *Morning Workout with Marilyn*. Marilyn herself went through all types of diets and after losing 100 pounds was inspired to help others achieve the same success. In addition to managing the daily operations of Native Amazon Productions Inc., she hosts her own television show and also devotes time to writing. Among her published works include, *Pandora's Diary 1*. Marilyn is well known and highly respected for her dedication and vast-ranging knowledge and attributes her success to ambition, perseverance, and hard work. Strongly committed to altruistic endeavors, she maintains an active profile within the community where she distributes toys for needy children and also supports organizations that assist domestic violence victims as well as the local fire and police departments. In her spare time, Marilyn enjoys reading, travel, and being with friends and family.

Tricia Burns is a fitness expert, wellness coach, and the owner of Team Burns LLC, a company through which she provides fitness training, customized workout programs, and weight management plans. Tricia is the co-author of *Rapid Body Make-over: The World's Leading Experts Reveal Proven Health, Fitness & Nutrition Secrets to Help You Achieve the Body You've Always Wanted but Couldn't Have Until Now!* On the day of release, the book achieved best-seller status in eight *Amazon.com* categories - reaching as high as #1 in the *Exercise and Fitness Injury Prevention* category and #2 in the *Quick Workouts* category. The book also reached best-seller status in six other categories, including, *Exercise and Fitness*. Throughout her career, Tricia has been recognized with a number of prestigious accolades including being named one of *America's PremierExperts®*. Tricia attributes much of her success to dedication, hard work, and commitment to helping clients achieve their goals. A resident of Philip, SD, she maintains an active profile in the community and supports a number of non-profit organizations that benefit healthcare. Tricia devotes her spare time to being with her husband, Marty and their five children and helping on the family ranch.



Michelle Diaz wears many hats as an amateur Muay Thai Fighter at Renzo Gracie Academy NYC, a skincare professional at Heyday facial shop, and as an esthetics instructor at the private trade school, Atelier Esthétique Institute of Esthetics. On a daily basis, Michelle is involved in training Muay Thai, completing facials, and teaching students the fundamentals of esthetics and how to become a licensed esthetician. "Muay Thai training can be broken up into 3 classes-technical instruction, sparring, and fight training sessions. During technical training, the instructors breakdown various combinations and teach how to properly perform the technique. We then pair off and continue working on this technique first with just our partner, then later adding in pads where we are able to apply the technique with a bit more power. Sparring class is where we apply our creativity using all the techniques learned from the technique classes. This is where you really get to excel in martial arts because this is where your physical fitness, mental strength and creativity all come into play. Fight training is a special session focused specifically on techniques and skills for those who are actively competing in the ring. It's a more intense session heavily focusing on enhancing physical fitness to be in fighting shape, and sharpening skills necessary for success in the ring. My time at Heyday is just as exciting, but more mellow. I have the pleasure of performing face treatments to clients of all demographics, and helping them learn how to properly care for their skin. This involves both topical regimens and advice such as diet and lifestyle choices. Seeing return clients and hearing the success stories of how I've helped them love their skin again is the reason I love doing what I do. This job is so gratifying and makes me enjoy coming to work everyday. I take pride in my professional treatments and give my very best, undivided attention to each and every client I see. Because of my passion for helping others, teaching is a natural joy for me. At Atelier Esthetique Institute of Aesthetics, I teach classes that entail both theory and hands-on education." A firm believer in the importance of education, Michelle obtained a Bachelor of Science degree in sociology from the University of California Santa Barbara and a New York State Esthetics License from Dermalogica Academy in New York City. She has been the recipient of numerous awards including, recognition as a *WKA Amateur National 105 lb Novice Muay Thai Champion*, *TBA Amateur Novice Strawweight World Muay Thai Champion*,

(featured on the front page of the *Pacific Daily Newspaper* and a television segment on Guam's #1 news channel, *KUAM*). Strongly committed to altruistic endeavors, she maintains an active profile in the community and has been involved in many charitable organizations. Michelle participated two consecutive years with Pelotonia in a grassroots bike ride to raise money for cancer research at the Ohio State University - James Cancer Hospital and Solove Research Institute. Michelle rode 100 miles one year and 50 miles the next. She raised over \$6,000 herself for the organization and personally curated items for the company held auction, which helped raise over \$1000. Michelle also volunteered to work two separate charity auctions for Newmark School for Learning Disabilities, which were held on the floor of the New York Stock Exchange. One year, she personally curated auction items, which sold for \$25,000. In addition, Michelle volunteered to work a charity event where the funds raised went to the children's cancer and blood foundation for Spread Some Love. Outside of her professional schedule and charitable endeavors, Michelle enjoys cooking, discovering new places to eat in NYC, DIY crafts, making her own skincare products, and being with her family, mother, Joanne, father, Melvin, sisters, Joleen, Vanessa, and Christiana, nieces, Meilani, Isis, and Kealani, and nephews, Isaiah, and Jordan, and boyfriend, Joseph Sampieri.



Photos by Joshua Brandenburg

Darla Lilleberg is a personal trainer, health coach, and co-founder of Flex5, the first all-inclusive fitness and wellness studio in Charlotte, North Carolina. After a successful career in the corporate world, Darla co-founded Flex5 in September 2015 with the vision to empower others like herself, who struggle with autoimmune disorders, to be proactive in leading happy, healthy, fulfilling lives. Darla and the team at Flex5 work closely with clients to design customized, in-person and virtual training programs to ensure each person moves closer to achieving results in the form of long-term overall health. Unlike typical gyms, Flex5 specializes in being actively involved in developing sustainable life-changing programs for clients through fitness, nutrition, and mind/body wellness initiatives. Darla obtained a Bachelor of Science degree and Master of Science degree from Baker University, and has earned an (American College of Sports Medicine) Personal Training Certification. Darla is also a Certified Holistic Health Coach through the (American Association of Drugless Practitioners), and she advocates for the value of continuous well-rounded, comprehensive education: As part of her training through the Institute for Integrative Nutrition's cutting-edge Health Coach Training Program, Darla has studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts. Darla has also committed herself to continuous self-study as it relates to thyroid disease and autoimmune disorders by interviewing functional medicine practitioners and pharmacists, as well as watching, listening to, and attending a wide array of webinars, podcasts, and health summits. Darla is well respected for her exemplary leadership and ambition, and attributes her success to perseverance and to her parents, Sharon and Olaf, who instilled in her the value of going the extra mile and hard work. Attentive to civic duties, Darla supports organizations that benefit human rights and animal welfare. In her spare time, she enjoys all things fitness/wellness, DIY projects, and spa time to rejuvenate for the next project to come. Email: info@flex5clt.com



“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma - which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.” -Steve Jobs

Flex5 Offerings

- Individual Programs
- Personal Training
- Nutrition Counseling
- Health Coaching
- Yoga
- Aromatherapy
- Meditation
- Acupuncture
- Cupping
- Naturopathic Medicine
- Rolfing Therapy
- Massage Therapy
- Ayurveda/Spiritual Healing
- Chiropractic Care
- Personal Chef Meal Prep

Classes

- Yoga & Medication
- Spin Cycle
- Deep Stretch
- High-Intensity Interval Training
- Athletic Conditioning
- Cardio Dance
- Educational Workshops
- Cooking Classes

Amenities at Charlotte Studio:

State-of-the-art yoga and fitness studios, spa center for therapeutic massages, Rolphing, Acupuncture, Ayurveda coaching, meal planning, nutritional guidance and chiropractic care. Loyalty rewards program allowing clients to earn a free trip to one of Flex5's Signature Costa Rica wellness retreats. Convenient parking locations.