

How do you Inspire the World to Fitness?

“I believe that I inspire others

by being a role model
and leading a healthy lifestyle,
with proper balance
between work, family and fitness.

I teach others that fitness
**is a journey,
not a destination,**
and that it is part of
everyday activities like
eating, sleeping and brushing one's teeth.

Being fit doesn't mean
being an athlete,
but making healthy choices
**that enrich and
enhance life.”**

Carla Botelho Sottovia

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IDEA Member since 1986



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