

Fitness Mom In Virginia Launches New Facebook Page

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Maren, who is also known as "Fitness Mom", is the co-founder and owner of #TeamY.E.S., which is based in Haymarket, VA. She is a self-proclaimed Mom on a Mission. It has been noted that her amazing love for her clients has enabled her to make a difference in many people's lives. She is now proud to announce that she has launched her own Facebook page, through which she aims to inspire more mothers to become active and take control of their own lives.

Maren herself says: "I am a mom, a fitness professional, and an entrepreneur. My goal is to empower others and I believe that the sky is the limit. I encourage everybody to add me as a friend on Facebook so we can get started on empowering each other and reaching our dreams."

Through her Facebook page, Maren aims to build a community of like minded individuals. There is no need for them to be moms, or even to be female, but she has found that this is the audience she attracts the most. And this is something that she is happy about. She adds: "Women need empowering so that they see and believe that they can do anything they want to do. If I can play just a small part in that, it will be mission accomplished."

Interestingly, Maren also shows her own vulnerability. On occasion, she asks people to send prayers her way, while not always divulging what it is for. She states: "I can't expect people to be empowered by me if they don't see I'm just like them. And I am just like them. Things go wrong in my life, just as it does in theirs, and it is their support that gets me through."

People are encouraged to visit Maren's Facebook page at <https://www.facebook.com/FitnessMomVA> and send her a friendship request. In so doing, they will be able to access her various inspirational posts and quotes, links to fitness and entrepreneurship information, and more. She welcomes all to become her friend and to join in on the various conversations she initializes through her Facebook, in the hopes of becoming empowered.

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For more information about Maren Elizabeth, contact the company here: [Maren ElizabethRenee](#)

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Maren Elizabeth

A mom of 2 beautiful boys, Personal Trainer, Crossfit Coach and Nutrition Coach. My vision is creating a life of choices for them; of always being present for them; of empowering others to take control of their lives and live the life others dream!

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