

Tell me about your current role and work.

I work as a Body Transformational Coach. As Founder of Fitness Reborn UK, I take female clients on a journey to recreate habits and patterns so that they are able to have a better relationship with food and exercise. My niche group is working with South Asian and Arab females. Health and fitness is not seen as a priority as traditional gender roles still play a huge impact on what females can or cannot do within some family households. I developed this program to help females elevate their confidence levels and feel empowered by stepping into the best version of themselves as well as improving the different areas of life. Fitness is a tool used to get clients to replace old habits with new ones, educating them about their own body types, and taking them through modules, which enables them to take control and responsibility.

What inspired you to go into fitness training and coaching?

I spent most of my life chasing a perfect body, a perfect Nazia and failed to reach that each and every time. My eating disorders (bulimia, anorexia and binge eating) created a person that was always in fear and trying to look amazing for others. I over exercised due to the lack of education, which caused a lot of psychological issues. I also found that lots of other Muslim females faced the same things as I did so I wanted to create something where I could help other people as I myself didn't know where to go for help. I was also a boxer, which made me realise that no matter how much I looked outwardly unless I was able to condition my mindset I would never be happy. My experience has been the best ever teacher when it comes to motivating other people.

What challenges did you face in your career and how did you overcome them?

My biggest challenge was not believing in myself. Nobody had to tell me I couldn't do it. I did it to myself already. It took me a long time trying to convince myself I was capable of doing what I am doing now. But the more I was able to stand out the more I was finding myself being a voice for others. I also found some amazing supporters who loved me and kept me going at those tough times. Self-belief is critical in anything.

What I do isn't traditional in my community, so I had to face parents objecting to my career. Our parents will always want us to do something different to what we want to do, but I held on because I knew deep down my work was needed now more than ever.

What are the 3 most important things you've learnt throughout your career?

1. Find something you love and just DO IT. We waste time trying to be something we are not.
2. My failures were all beautiful lessons that taught me about myself and those around me. Failure is not always a bad thing as we make it out to be.
3. Love and self love makes us euphoric and gives us invisible wings allowing us to do all the things we fear doing.

Who has been your biggest inspiration/role model to date?

Each and every single one of my clients. They are the reason why I am here.

In your view, is enough being done to encourage women, especially from minority ethnic groups, to pursue sport and fitness careers? What advice would you give to anyone interested in pursuing this area of work?

Times have changed, and we have come far with ethnic minority females in sports. However within communities we still have certain taboos and stigmas associated with specific sporting careers. Parents would rather see their daughter have traditional roles such as being a doctor or an accountant, but as times move on and we see more of us in the open it gives others permission too. My advice to anyone who wants to pursue this career is to know that this is where their heart is, have a mission and do whatever you do, even the tiniest task, with passion. My passion got me places and opportunities throughout the years. Self teach the things you are most scared of and always seek a mentor.