

Interview with Lauren Esposito

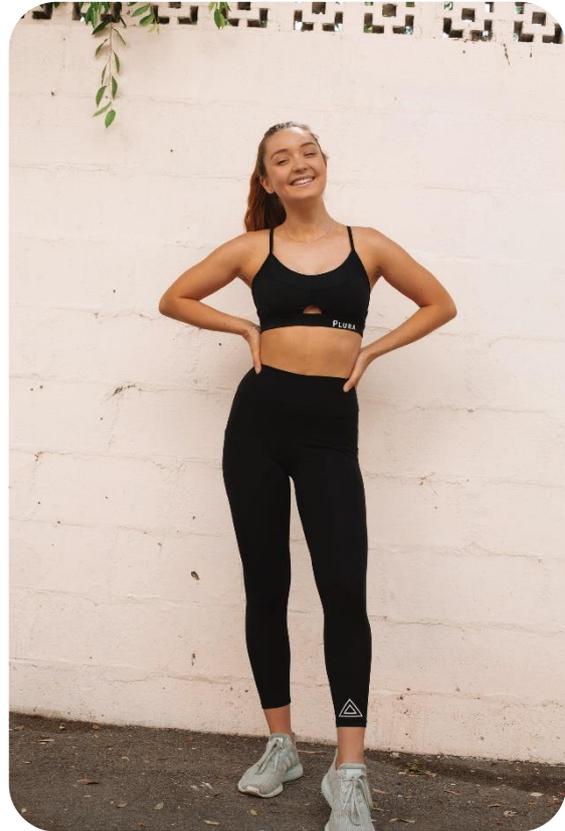
This month we have had the pleasure of working with the lovely Lauren Esposito! Obviously adhering to social distancing rules as she lives in LA! We asked Lauren of Lauren Esposito fitness if she would mind answering a few questions that we were burning to know the answers to. As a fitness instructor and someone who follows a plant-based diet, we thought Lauren would be a brilliant addition to this month's newsletter. As lockdown is still not a thing of the past and it is clear that more people want change, whether it be dietary, a new fitness journey or want to continue new mindful ways when the world emerges, Lauren has words of wisdom for you all!

We kicked off with a question that most vegans are familiar with,
When did you start following a vegan diet?
I began my plant-based lifestyle almost 4 years ago! Honestly, one of the best decisions I made when it comes to my health.

What factors influenced that decision?
It was my first trip to LA and I was staying with my friend Alexa, and at that point she had been vegan for 5 years. I took in how she cooked her food and learnt a lot about the vegan lifestyle from her and before I knew it, I was a month into eating completely plant based on accident! I haven't looked back since :)

As we explained Lauren lives in Los Angeles and we wanted to find out just what it's like being vegan in LA.
It's such a great place to be vegan in. LA is full of awesome plant-based restaurants and cafes and it is a highly recognized diet here. I think it's probably one of the best places in the world to be vegan in.

Lauren's Instagram account @laurenposito_fit is full of extremely motivation and inspirational posts. What we wanted to know is what keeps Lauren motivated?



I always look back to where I started and to where I am today. I've worked hard to keep up a fit and healthy lifestyle and looking back at my past before I started my fitness journey, I see how far I have come mentally and physically and that pushes me every day to strive to be better than the day before.

As well as following a plant-based diet Lauren is also a fitness instructor, below she tells us a little bit about what inspired her decision to pursue this lifestyle.
Moving to LA I found an Aussie owned gym called Training Mate. I still work there to this day and I love the community and family I have there. Being around that sort of fit and healthy environment really got me thinking. I

love helping others, and I would love to help others achieve their fitness goals without giving up the foods they enjoy.

As well as maintaining physical fitness we wanted to know how Lauren maintains her mental fitness and wellbeing. As I'm sure you'll agree these uncertain times have been taxing and enlightening in regards to our own mental health. Lauren had some top tips to help calm anxious thoughts. *Meditation is a huge thing for me. However, I believe that meditation can come in all sorts of different ways depending on what works best for you. For me, going for long walks really help me mentally (especially during this time in quarantine). It really helps me connect with my thoughts and helps calm me whenever I get anxious.*

We are aware that fitness regimes have been altered during quarantine and that some people have been devising some brilliant ways to stay fit! While others have found that they are now wanting to undertake a fitness journey of their own. We asked Lauren what advice she would give to these people?

Don't strive for perfection. It's a journey after all. And progress takes time! Allow yourself to go through the waves and keep reminding yourself that you are doing this to better yourself!

One way to start a fitness journey is to obtain the help of a professional, which nowadays can be easily done over the internet. Lauren offers a four-week workout plan online and has kindly given us some information about this, and the work that went into developing it.

It is a 4 week at home workout guide. It has a combination of strength bodyweight exercises as well as a mixture of cardio/HIIT exercises. No equipment is needed which is why I love it so much. You can do these workouts anywhere! It is also a PDF download so once you download it onto either your phone or laptop you will have it forever!

Lastly, we cheekily asked for more insight in regards to another course she offers, which is a personal trainer course. So, if you're already working through a fitness journey and feel like this is the career for you, read on and find out what Lauren's online course offers.

My mission is to help women achieve sustainable mental & physical results without giving up the things they enjoy. I help my clients with changing daily habits and implementing lifestyle changes that will help them kick butt when it comes to their health and fitness goals. The program entails weekly workouts sent out to each client tailored to them and their own fitness goals. I also offer nutrition guidance on calories and macros, as well as weekly check in calls and 24/7 email/ text support.

We think what Lauren has built is truly wonderful and inspirational. It can be a daunting world of fitness with all the different options out there, so obtaining the help of a professional is a great place to start. Lauren is also proving that eating a plant-based diet is extremely healthy if followed correctly.

We know that throughout lockdown people have been getting to know themselves better. We know we have. Whether it be through new fitness workouts, cooking and trying new foods or mediation and long walks. All of this contributes to the health of our minds and bodies, something which had probably become low on our list of priorities with the busy schedules we have. Hopefully, once we begin to emerge into a changed world, we can continue to prioritise our mental and physical wellbeing as well as that of our planet.

We would like to thank Lauren for her wonderful answers and insight into her life in Los Angeles. If you require any further information about anything that has been discussed during this article then please contact info@soyoi.co.uk and don't forget to check out Lauren's Instagram page @Laureneposito_fit

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