



Integrative
Nutrition
Health
Coach

Personal
Trainer

PATH 2 PERFORMANCE.COM

Path 2 Performance

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Path 2 Performance is here for you!!

by Sandra Panajotow

Path 2 Performance is my company. I built it with energy and passion, knowledge and experience, sweat and tears. My philosophy is simple; to live a balanced life that provides health and happiness.

For the past ten years I have been hit with adversity, it has been a grueling period in my life that continually knocks me down. But with each turn of events I look at my kids and find the courage and strength to dig deep and persevere. One day, I got up and stared adversity in the face and said, "no more". Well, truth be told, the words were a little more descriptive than that.

I chose to take control and ownership of my life. Now, each day is a challenge I welcome with open arms and a positive mind. With good and bad days, I am armed to take on the day with a mindset to succeed. I choose to live with love in my heart, keep positive energy around me and have nutrient rich food on my plate. Pssst...I do sneak in chocolate covered almonds and wine.

You are my driving force...I want you to feel the ripple effect and strive to live each day fully and completely with health and happiness staring right back at you.

Integrative nutrition is not just food, it is an all-encompassing approach to a balanced life. Understanding where you are at with satisfaction in your **Relationships, Career, Fitness and Mindfulness** and how you choose to fuel your body, so you can function at your best every day.

What works for others may not work for you. We are unique individuals that continually grow and develop. Our needs continually change. What works today may not work next year. Everyone has a different path to their performance and whatever that means to you is personal. However, what we all need to do is listen to our bodies and give it what it deserves.

I don't profess to be perfect and am far from it. But I try my best every day. I live with integrity and am motivated by simplicity.

I will continue to capture your attention. As I strive to arm you with knowledge and tools to influence your choices. I will engage and interact with you, listen and support you.

I will be your partner and guide you on **your Path 2 Performance**.

