



STRONG Fitness Magazine Australia launches today with Stephanie Sanzo on the cover

THE COUNTRY'S LATEST HEALTH AND FITNESS MAGAZINE, STRONG FITNESS MAGAZINE AUSTRALIA UNVEILS SWEAT TRAINER STEPHANIE SANZO AS THE FACE OF THE FIRST ISSUE HITTING STANDS TODAY.

Mother of two, power-builder and all-round strong woman, Stephanie Sanzo embodies the essence of STRONG Fitness Magazine Australia's mission to showcase a range of strong Aussie women!

Originating in Canada and the US, STRONG Fitness Magazine Australia has built a reputation as a trusted source of cutting-edge fitness and health information for the strong, resilient, and modern woman.

An ecstatic Stephanie Sanzo said, "To be chosen as the very first cover model for STRONG Fitness Magazine Australia is incredibly humbling and exciting. I can't wait to share my journey and passion for weight training with the STRONG Australia community!"

Editor-in-Chief, Katelyn Swallow said, "We're thrilled to have Steph join us as we launch the magazine in Australia. Her passion for advocating weight training and exercise benefits for both physical health and mental well-being is exactly what we are about."

Stephanie Sanzo, who began her health and fitness journey following a challenging birth that left her with an extra 24kgs of body weight, is on a mission to help teach, train and change the perspectives that women have of their bodies.

Sanzo began running to help lose the weight she gained during her pregnancy. However, after complications with her second pregnancy, could no longer continue the excessive cardio training she had grown to love. In search of a new outlet, she found the weights room and transformed herself into one of Australia's most recognised powerlifters and personal trainers, racking up over 1.4million followers along the way.

With a petite frame measuring just 5ft tall, Stephanie Sanzo is a mini-powerhouse deadlifting 160kgs. "I want to help drive greater understanding on the benefits weight based training provides to women's mental and physical health. My journey with weight training has helped me grow emotionally, far beyond how I have grown physically."

"After years of chasing an unrealistic body type, I finally found concentrating on 'strong' made me feel empowered! I want to encourage women to feel their best by pushing past their limitations and expectations to reach their full potential", said Sanzo.

Completely transforming her outlook, Stephanie discovered both a new-found confidence in herself and a drive to challenge her body and mind through lifting weights. A transformation she and STRONG Fitness Magazine Australia hope to help all Australian women achieve.

The first issue of STRONG Fitness Magazine Australia hits shelves today!

For more information, head to: www.strongfitnessmag.com.au

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