

# Tammy Fit expands her empire to include Yoga

Tammy Fit, the fitness application from Australian entrepreneur influencer Tammy Hembrow, is launching yoga flows into the app, designed to provide users stress relief, inner peace, and improved emotional health.

Originally released in 2018, Tammy Fit has long had a reputation for being one of the best at-home and gym workout programs on the market. With the introduction of Resident Instructor Paula Alva; a highly experienced Purvian Yogi, the app will continue to grow, becoming a user's complete mind, body and soul workout companion.

Tammy has been practicing yoga for many years and is very excited for her community to build upon their practice with her. Paula is the first of many instructors that will be added to the app.

Tammy says "Yoga is a practice, not perfection. I have wanted to introduce yoga to my TammyFit app for so long now as I feel like yoga & weight training complement each other so well. When I met Paula, I knew that she was the perfect person to bring vinyasa flows to the app. I'm excited for my users to see what we have created!"

"We live in a very fast paced world and have busy lifestyles, so I find it important to take a little time each day to stop, breathe, find a calmer mind. This helps us keep balanced and handle situations and people in the best way we can." comments Paula.

Beautiful step-by-step video classes which cater to all yoga levels - beginner, intermediate and advanced - are accompanied by the addition of new Tammy Fit products including yoga mat, cork yoga blocks and bands, to give users the option to flow with support.

## About Tammy

A mother to two children by the age of 22, Tammy has created a global fashion, health and fitness business empire within a short time frame of three years. She is one of Australia's biggest influencers, with over 12 million followers on Instagram and over a million on YouTube – platforms she has leveraged to promote her health and fitness brands.

## About Tammy Fit

Tammy Fit gives you exactly what you need to work out and eat like Tammy and see results. From 8-week programs to step-by-step individual workouts and nutritionist designed meal plans, you can choose what works for you and your schedule. Nutrition is the key to long-term results.

## Contacts

Amber Clarke  
0422648437  
mailto: amber@theprojectfactory.com