

Maggie Mangiel

Since I was a little girl, I knew that my passion lies in helping as many people as possible; however, I was not quite sure on which platform. I excelled in academics and sports, and I had many ideas on how to make that a possibility. I was born in an African country with a low literacy rate, especially among women, so I wanted to become an educator. I believe strong women can change the world. My family relocated to Canada, and I knew there are some things I can help change in my new home. Few years after graduating from university, In Edmonton, AB, Canada; I fell in love with weight-lifting and decided to have a career in fitness. I became a certified fitness trainer and nutritionist and started to model and compete in physique shows; however, I still had my dreams of impacting many people in my lifetime. I decided to use my love and knowledge of fitness and do my part to putting an end to the obesity epidemic. With 4 out of 5 African American women being overweight/obese, I wanted to write and educate. I became a blogger and a writer. I'm currently one of the bloggers for Black Fitness Women on Facebook. One of the few pages solely dedicated to recognizing Black women achievement in the fitness industry and to promoting health and fitness among Blacks in general. I've published articles in FitFigures Magazine and BFW Magazine, and I'm a managing editor of the latter. My blog is homed at www.warroomsports.com, and I cover many issues that impact women such as health, fitness, culture, beauty, social issues and self worth. I'm a true believer that my beauty will eventually fade, but I am certain that with my intellect, I can change many lives for the better. Thank you so much for featuring me for "Fitness Fridays", I truly appreciate it.