

JANNA BRESLIN

B.A. COMMUNICATIONS '12

As a fitness model, Janna Breslin adheres to a healthy diet and participates in rigorous workouts four or five days a week.

However, when asked about her number-one fitness tip, she offered a surprise response: Sleep.

"Sleep is very important," she says. "If you're not sleeping well, you can't fully recover from workouts and they'll be less effective."

The path toward Breslin's career appeared early on. As a young girl, she put on her mom's heels and practiced runway walks in the family's front yard. She also was active in sports – particularly horseback riding and soccer. In high school, she was a varsity pole vaulter.

Breslin got her first modeling gig (a friend's clothing line) the summer before starting at CI. She continued to model while pursuing a degree in communications with a minor in health.

After a few years as a pharmaceutical rep who modeled on the side, Breslin shifted her focus toward more holistic health care. In January 2015 she obtained certification as a nutritional therapist from The Health Sciences Academy.

The change had a profound effect on her own wellbeing and career. She felt happier, healthier and more alive, and, between June and December of 2015, she was featured in four fitness magazines: Max Sports & Fitness, Inside Fitness Magazine, Train for Her and Oxygen Magazine Australia.

"I'm so passionate about this topic because I went through health issues myself and had to change my diet and lifestyle," she says. "My health is better than ever and I want to share with others what nutrition, fitness and improved emotional health do to the body.".

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