



Sally Zalzali

BELLY TO BABY

SALLY'S STATION

Health, Fitness & More

WWW.SALLY-STATION.COM



PROFILE

MESSAGE

ABOUT

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WHY US

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Welcome to Sally's Station Institute



Hello, I'm Sally, founder of Sally's Station Institute, where your health, wellness, and vibrant journey into motherhood begins. I believe every woman has an inner strength and a unique story. My mission? To help you discover and embrace yours while celebrating your individual strength and beauty.

As a seasoned public health professional, canadian certified birth doula, internationally recognised pre and post - natal fitness expert, nutritionist, and a devoted advocate for women's wellness, I've encountered the diverse needs and aspirations of women at different stages of their lives. Whether it's navigating the trials of pregnancy, embracing the challenges of motherhood, or simply seeking a healthier, more fulfilling lifestyle, I'm here to guide and support you.

Sally's Station is more than just a wellness center; it's a haven of empowerment and community. Here, you'll find personalized programs tailored to your specific needs, and a welcoming and supportive community of like-minded women. From addressing hormonal imbalances and PCOS management to providing comprehensive prenatal care and supporting postpartum recovery, our doors are open to you.

So, whether you're stepping into the world of motherhood, looking to reclaim your health, or seeking a community that uplifts and motivates, you've found your place here at Sally's Station.

Sally Zalzali

FOUNDER, SALLY'S STATION



ABOUT US

Our expertise spans fitness, nutrition, and maternal health, encompassing prenatal and postnatal care, birth preparation, and doula support. Our team, led by Sally, is passionate about delivering tailored, effective solutions. We believe in nurturing not just physical health but also the emotional well-being of our clients, empowering women to live their healthiest lives.



MISSION

Our mission is to inspire, nurture, and revolutionize the way women experience fitness, nutrition, and maternal health. At Sally's Station Institute, we ignite a transformative journey towards optimal health and wellness, exclusively tailored for every woman.



VISION

To be the world's most trusted and innovative health and wellness brand for women, revolutionizing the approach to fitness and maternal health. We envision a future where every woman is equipped with the knowledge, support, and resources to lead a healthy, fulfilling life, regardless of her life stage.



OUR GOALS



Become a Leading Authority

Establish Sally's Station Institute as the foremost expert in women's health and wellness, especially for pregnancy and post-partum care.



Innovative Solutions

Continually develop and offer groundbreaking, research-backed health and wellness programs.



Community Building

Create a supportive, engaged community where women can share experiences and learn from each other.



Brand Recognition

Achieve widespread recognition and positive reputation for exceptional service, results, and client care.



CORE VALUES

Integrity and Honesty

Upholding the highest standards of ethical practice and transparent communication.

Compassion and Care

Providing personalized, empathetic support tailored to each woman's unique needs.

Innovation and Excellence

Continuously striving for improvement and cutting-edge solutions in health and wellness.

Inclusivity

Welcoming and supporting all women, respecting their diverse experiences and challenges.



"In nurturing our well-being, we cultivate the power to embrace every stage of life, from the miraculous journey of motherhood to the unwavering strength that lies within. Together, let's redefine wellness, empower one another, and inspire a legacy of vibrant, thriving women."

Sally Zalzali



WHY CHOOSE SALLY'S STATION?

Expertise and Experience

Led by Sally Zalzali, a seasoned professional in fitness, nutrition and breastfeeding.

Customized Care

Unique, personalized approach to each client's health and wellness journey.

Proven Results

Track record of helping women achieve their health goals, especially during and after pregnancy.

Trust and Transparency

Committed to honest, open communication and ethical practices.



TESTIMONIALS

2 months post birth



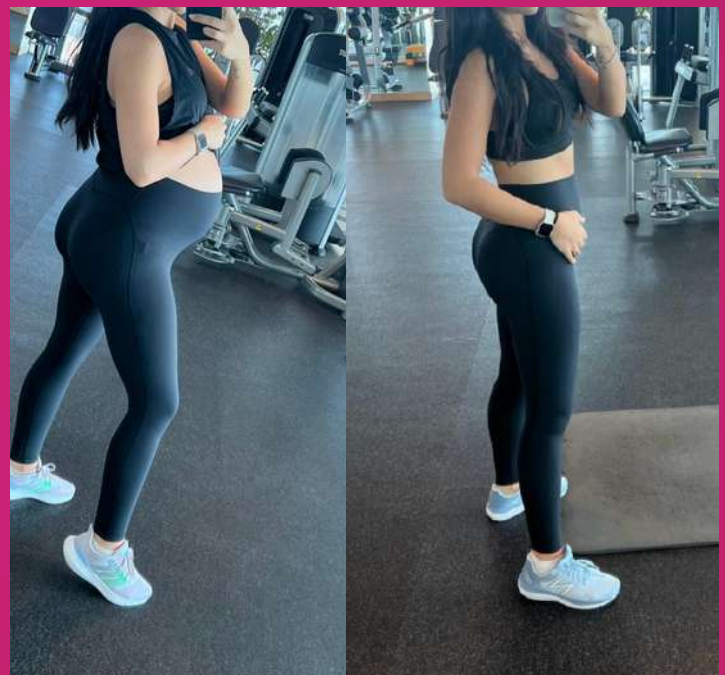
3 months post birth



3 months post birth



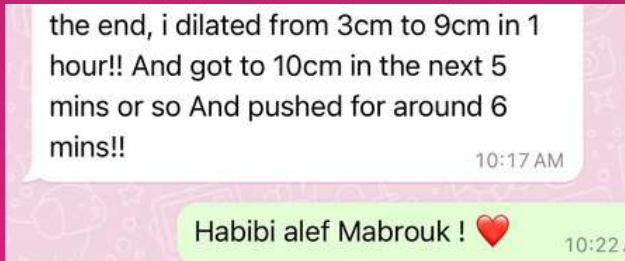
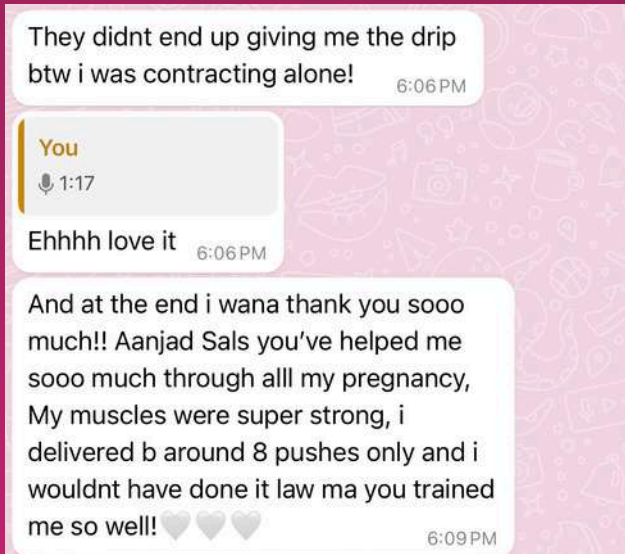
2 months post birth



Check our Instagram Highlights for More



TESTIMONIALS



Check our Instagram Highlights for More



FEEDBACK

Before I began training with Sally, I didn't realize how crucial labor preparation exercises were. Through our sessions, she not only focused on enhancing the strength and flexibility of my pelvic floor muscles but also targeted my core and upper body muscles. As a result, my pelvic pains diminished, and I experienced increased flexibility and energy. And within just two weeks of training, there was a significant shift in my baby's positioning in the pelvis. I'm incredibly grateful for Sally's professionalism and support throughout the process. I thoroughly enjoyed the sessions and only wish I had started them sooner!

11:12 AM

I started home training with Sally back in 2022, and the journey couldn't have been more comfortable and rewarding! Sally is very passionate, ensuring she listens to your concerns and adjusts your workout exercises based on your desires. She follows up thoroughly, providing everything needed to reach your goals in the shortest time possible. Besides her professional manners, she is exceptionally patient and kind. I can confidently say we've developed a friendship beyond the trainer/trainee relationship. I highly recommend home training with Sally, especially if you have busy working hours or are a mom, given the flexibility it offers in your own space and schedule.

12:05 PM

I started my sessions with Sally nearly 6 months into my pregnancy, and I wish I had started sooner! I was very hesitant to engage in any form of physical activity while pregnant and was uneducated about how beneficial it is for both the mother and the baby. Sally's professionalism and passion for what she does is incredible. She is attentive and focused on every detail related to my health. Throughout my fitness journey as an expectant mother, she was caring and understanding. Sally knew exactly what my body needed at certain points during my pregnancy.

7:19 PM

I started working out with Sally since my first trimester till my last month. This was the best decisions I took during my pregnancy! The workouts helped my body maintain and enhance its strength and endurance, relieving me from round ligament pain, back aches, and most importantly sciatica nerve pain. Workouts were always different, rich and never boring. Sally was greatly considerate in the set pace of the sessions and always positive and pushing me for the better.

4:59 PM

thank you so much 🥰❤️

4:59 PM

Check our Instagram Highlights for More



BELLY TO BABY

Embark on a seamless and supported journey through pregnancy and into motherhood with our Belly to Baby Pregnancy Program. This comprehensive program is specifically designed for expecting mothers, offering a harmonious blend of nutrition support, therapeutic fitness, birth preparation, and breastfeeding guidance, all tailored to the unique needs of each stage – from the first glow of pregnancy to the joys of early motherhood.



BELLY TO BABY

Key Features

- 1. Prenatal Therapeutic Fitness:** Focusing on building pelvic floor and core strength that are essential for a healthy pregnancy, smoother birth, and faster postpartum recovery.
- 2. Safe Exercise During Pregnancy:** Learn techniques to maintain strength and flexibility while reducing discomfort.
- 3. Birth Preparation:** Includes essential labor preparation exercises, breathing techniques, and more!
- 4. Nutritional Guidance:** Offering comprehensive nutritional guidance tailored specifically for pregnancy for optimal mom and baby nourishment.

Benefits

- 1. Flexibility and Convenience:** Flexible scheduling and location options make sessions convenient for busy moms, adapting to your mom life— while juggling your little ones.
- 2. Emotional Support:** Our program compassionately provides valuable and personalized emotional support through the transformative journey of pregnancy and early motherhood.
- 3. Holistic Approach to Wellness:** An all-in-one holistic approach to maternal health during pregnancy and birth, promoting overall well-being for both mother and baby.



Embrace your body's power and potential - it's the greatest instrument you'll ever own. In health, as in life, the harmony we create within resonates beautifully in the world around us.

Sally Zalzali





CONTACT



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