

TAFIQ AKHIR

**Licensed Menopause Specialist
Speaker + Healthy Aging Advocate**

Tafiq Akhir is a skilled wellness speaker and the CEO of Tafiq's Physiques, specializing in menopause, women's health, nutrition, fitness, and healthy aging. Tafiq is on a mission to help midlife women regain control of their bodies by repairing the hormone problems they have struggled with for years, so they can finally feel healthy, happy, confident, and love what they see when they look in the mirror. Tafiq has been one of LA's most trusted health and fitness professionals for more than 20 years, he has specialized in women's health for over 15 years, and his business, Tafiq's Physiques, was named one of the best health and wellness businesses in the entire state of California by California.com.

SIGNATURE SPEAKING TOPICS INCLUDE

How To Manage Menopause In The Workforce

How To Restore Body Confidence As You Age

**How To Repair The Root Cause
Of Menopause Symptoms**

How To Go From Sickness To Fitness After 40

**How To Maintain Healthy Relationships
During Menopause**

[For Full Topic Descriptions And More Click Here](#)

Tafiq can customize a speaking experience for your event, or you can choose from one of his popular signature topics.



WORKPLACE WELLNESS

Tafiq also provides workplace wellness programs, training, and workshops for companies, groups, couples, and individuals. Tafiq's coaching style is a gentler approach to health, hormone, and weight management. He provides practical and proven nutrition, health, and fitness solutions based on the physiological and metabolic response to food, physical activity, and lifestyle. Tafiq's programs are delivered virtually or in-person to help participants restore their health, reshape their bodies, and renew their lives.

**CALL TO LEARN MORE
310-591-9064**

AS SEEN IN



When TafiQ is not helping women restore their health, reshape their bodies, and renew their lives, he enjoys spending quality time with his spouse, Darryl, and their two fur babies, Jasper and Lewie. He also enjoys doing anything related to creative and fine art, including painting, designing, or taking a dance class.

TAFIQ'S CLIENT LIST INCLUDES



CLIENT & AUDIENCE FEEDBACK

"There was so much good information I would go to this presentation a second time. TafiQ covered a variety of topics including nutrition, the critical role of sleep, listening to your body, and the difference between high and low intensity exercise."

M.L., LAX

"I have had the pleasure of partnering with TafiQ Akhir for the past 6 years. I am constantly blown away by his depth and breadth of knowledge about health, nutrition, hormonal balance, metabolism, and fitness. We always receive exceptional feedback from the participants of his wellness presentations, telling us what a great presenter he is, and how beneficial the information is that he shares. TafiQ is professional, reliable, and an absolute pleasure to work with! I am a huge fan of everything he does and highly recommend him as a speaker, coach, and trainer."

**Nicole Mixdorf, Chief Wellness Officer,
Balance by Nature**



TAFIQ'S CONTACT DETAILS

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