

## About the Author



Martine Cloutier-LeBlanc has been paving the ways with her enthusiasm, love for life, and excitement toward helping others captivate THEIR days. With her national and international experiences as a track and field athlete, her knowledge, as a fitness trainer, toward helping thousands of people lose weight and regain confidence in a battle they often “felt lost”; she is passionate about finding new creative ways to connect with her audience.

As a writer, her work inspires and motivates those who want to see changes in their lives, but more specifically, those who want to see changes in THEMSELVES. She speaks in ways they can understand her perspectives, but also use concrete tools and examples to facilitate their own interpretations. She sees life as a continual DIVING BOARD where each dive allows YOU to know yourself better, gives YOU the opportunity to work on yourself a little bit deeper, and provides YOU with an understanding that YOU can captivate ANY days when you allow yourself to be a STUDENT of your OWN life.

Martine loves to connect with her readers and would love to connect with you. Follow Captivate My Day on Instagram and Facebook. Email her at [captivatemyday@gmail.com](mailto:captivatemyday@gmail.com) and be part of the first people to know about her next articles, book, journal series, and plenty more.