

Tami Turnley

OWNER & CERTIFIED COACH, IDEAL WEIGHT LOSS SOLUTIONS

UP CLOSE & PERSONAL

Tami Turnley possesses a strong entrepreneurial spirit, which helped her start a gymnastics business at the age of 19. She now owns TJ Rental Properties as well as Ideal Weight Loss Solutions. Tami's inner strength and perseverance make her a motivating weight-loss coach. "I've been through every emotion there is that causes us to stress eat, so I feel like I can relate to those dealing with the same," she says. Tami's proudest accomplishment is her two amazing sons.

PASSION & PURPOSE

"My continued faith inspires me. Helping others inspires me. I strive to be a better person each and every day," Tami says. "My main goal is not only to help clients lose weight but to help them start believing in their own strength and realize they are better and stronger than their emotions."

FAVORITES

- **Fashion Influence:** Whatever I feel comfortable in
- **Place to Travel:** Europe
- **Cause to Support:** St. Lillian's Academy
- **Way to Relax:** Watching Netflix on the couch in comfy sweats
- **Favorite Restaurant in Baton Rouge:** Juban's

WORDS TO LIVE BY

“What if God is not doing this *TO* you,
He's doing this *FOR* you.”

– *Girl, Wash Your Face* by Rachel Hollis

