



From Struggle TO ACTION

By: Janette Tucker



ANGELA GALLO, owner of Total Nutrition Technology (TNT), was led to her career because of personal struggles as a teenager. “I struggled with my weight and had an eating disorder when I was a teen. I was even hospitalized in a treatment center for this. However, these struggles really changed my life and inspired me to develop my program,” she said.

Because of the effort and hard work that it took her to recover, she was inspired to design a business that made a difference in other people’s lives: “I wanted to really make a difference via nutrition, fitness and health management. My vision was to develop a sound nutrition and health management program that would not only help others achieve their weight loss, health and sports performance goals, but more importantly, teach them how to maintain this as a true lifestyle change as well.”

Angela is the mother of sixteen-month-old Avery and is expecting her second child in September. She and her husband have been together for nine years and they enjoy spending their family time by going on walks, hiking and spending time at the park or lake along with their two dogs. She is a registered dietetic technician, licensed sports nutritionist, and a certified personal trainer. It is Angela’s goal to be the best wife and mother possible, while also living a healthy lifestyle that can be viewed as a role model for other women.

Angela gives credit to Dr. Robert Lefavi, professor at Armstrong University, for the start of her career and fulfillment of her dream. “After knocking on many doors and being rejected, Dr Lefavi was the one who not only believed in me, but also mentored me both personally and professionally. He is an incredible family and business man and he showed me it was possible to have balance between family and career. I am so grateful to have him in my life.”

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Angela is also inspired daily by her clients. “Seeing their success and determination really keeps me going. I am so blessed to be in this line of work. The way I see it is I keep my clients on track and in return they do the same for me,” she said.

The business model that Angela has designed is unique because, as she explains, “I was just like many of my clients, struggling with my weight and health and needed direction. The treatment center was my direction. However, I don’t expect everyone to go enroll in a treatment center to get what they need. That is why I mapped out the tools and steps to be successful and designed my own program. TNT does not offer just weight loss. We offer so much more.”

TNT specializes in weight loss, health management and sports performance. They offer sound education, weekly support and

accountability, along with personalized nutrition plans, metabolic testing, and a visual fitness planner. “We do not focus on just the scale because the scale does not know the difference between water, fat or muscle. We put emphasis on body fat composition, inches and behavior change. We also implement exercise as part of the regimen because we know that is an essential part of attaining one’s goal,” she reflected.

Angela’s professional goal is to continue to grow her company, “I would love to go national because I know this concept works and there are so many people who can benefit from our services. I really believe TNT is my mission in life so I take great pride in how it is represented in the community.”

Angela stresses that we have a choice to move forward and be proactive with our health or to move backward. We need to take advantage of the 1,440 minutes in each day and take steps to do something positive for our health. Angela recommends taking a quick morning walk or selecting healthy food choices.

“If you do nothing your health will deteriorate; don’t take your health for granted and don’t wait until it is too late,” she advised. 🌿

