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# Southpainted

NEIGHBORS



Maria Allshouse:

*Faith &  
Inspiration*



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## Maria Allshouse:

### *Faith and Inspiration*

One simple decision, made 12 years ago, led Maria Allshouse, a Southpointe resident for the past three years, to go from barely surviving to overwhelmingly thriving. Maria took charge of her life, shed 130 pounds, and became an award winning fitness athlete, an accomplished marathoner, an Olympic triathlete, a certified nutritionist/trainer and a keynote speaker. Maria's new healthy lifestyle also led to her passionate career; she is the founder of Maria S. Allshouse LLC, Healthy Lifestyle Coaching and Corporate Wellness Consulting. The firebrand says, "Transforming into the best version of me was life-changing."

The Carlow University graduate walked away from a 25 year successful corporate marketing career to start Maria Allshouse, Healthy Lifestyle Coaching and Corporate Wellness Consulting in 2017. Her mission is to inspire and help others create optimal health and well-being in their own lives. "Though my career was solid, I still found myself empty inside. I had to pursue my passion and purpose and help others get to this place. I know there are so many others out there like the old me-tired, disappointed, beaten up by life." Maria now holds certifications in Lifestyle Weight Management, Habit and Behavioral Change, Nutrition and Diabetes Prevention.



She feels honored to serve her company's clients, ranging from individuals to mid-sized companies. She explains, "Being able to impact lives and be part of someone's life-changing journey is truly rewarding. I'm grateful that I am a trusted advocate to my clients. I have seen firsthand that through self-realization and mindfulness, we are better able to understand our own patterns, achieve our goals and reform our most limiting habits. My clients tell me they had no idea how bad they felt until they felt good."

The compassionate lifestyle coach is inspired every day by her clients. "I know how you are feeling, I know what you are thinking. You feel like you are being held captive in your own body and there

is no way out. You know deep down it's time for a major change, but just don't know how to make it happen. What to do? Where to even start? I know. Everyone wants to lose weight and look good, but when you dig deep and uncover the real reasons why—that's when you hit gold. That's the point where self-realization meets nutrition and exercise. It's not about a quick fix. It's about shifting to a healthier lifestyle that you never want to quit."

Being a mom and grandmother is Maria's favorite role. Her son, Louis Allshouse, 26, is a first time Dad to a beautiful baby girl, Alania, just two months old. He and his longtime partner, Cicily reside in Trafford. Louis was a key factor to Maria's life changing choice 12 years ago. "I wanted to see him grow into the young man that he is today and most importantly, I wanted to be here for my grandchildren."



Maria enjoys spending time with her family. She travels often to Murrells Inlet, South Carolina where her parents currently reside, and to Arizona. "Arizona's sunset skies are truly magical to me. I would like to relocate there someday!" The avid learner loves to read and also enjoys walking on the Montour Trail and boating with friends.

Giving back is also part of Maria's lifestyle. A devoted member of Champion Christian Center in Washington, she volunteers for its VIP Dream Team which welcomes first time guests and new members. "My faith has become an integral part of my life and Champion has helped me center my life over the past few years. I am a firm believer that faith is the ability to see things that don't yet exist. When I jumped from my corporate career after 25 years into unfamiliar ground, I just kept believing in myself and had faith that if I put in the work, the rest will follow. I listen to Steve Harvey a lot as part of my morning ritual and one thing he always says is this:

*"Sometimes you just got to jump.  
The parachute may  
not open right away, and you will  
hit a lot of turbulence going down,  
but eventually it will open."*



Maria also volunteers for various charity outreaches through the National Association of the Women's Interactive Network (WIN) where professional women network with a purpose. Last year she was awarded the 2020 WIN Woman of the Year. She also works with Southwest Communities Chamber of Commerce and in 2019 was awarded both Woman of the Year and Health and Fitness Business of the Year by the group.

The one simple decision leading to her transformational journey took almost two years to achieve her weight loss goal. Maria enjoys leading and sharing her healthy, vibrant and active lifestyle. "It's all about making the one decision and just taking that first step. Don't worry about the destination. Stop pressing the pause button because life will always be there. It comes at you no matter what and presents you with a new obstacles. I'm a firm believer that the obstacle is the way. Just start!"

Maria's healthy lifestyle and her passionate career are truly inspiring. "It's been quite the ride, and I've never looked back. I love what I do! When we get out of our heads and into our hearts, that's when the magic happens. Life begins to change in innumerable ways. People usually avoid change and prefer to stay in their comfort zone, but I am a true example that once you get the courage and make that one simple decision to make that change, your life will change in ways you never thought possible. Each change is a turning page. It is about closing one chapter and opening another one. If you keep reading the same chapter of your book, you will never finish your book. Change brings new beginnings and excitement to life."