AthletesWorld

WINTER 2026

A BURBAYNE™ MAGAZINE

FEATURED ATHLETE PROFILE

Milva Belloso

Personal Trainer / Coach based in Sarasota, Florida, United States

ATHLETES WORLD
WINTER 2026



Milva Belloso, Personal Trainer / Coach based in Sarasota, Florida, United States

ABOUT MILVA

Milva is a personal trainer/coach based in Sarasota, Florida, United States with an interest in Running / Jogging, Fitness / Gym, Cycling, and Pilates. Milva is open to exploring new brand partnerships, sponsorships, and other opportunities.

ATHLETE PROFILE

Name	**Milva Belloso**
Location	**Sarasota, Florida, United States**
Athlete Status	**Personal Trainer / Coach**
Sports / Activities	**Running / Jogging • Fitness / Gym • Cycling • Pilates**
Available for Opportunities	**Yes**

Milva is a passionate fitness enthusiast and certified personal trainer who has turned her personal transformation into a mission to empower women to become stronger, healthier, and more confident. For Milva, fitness is far more than a workout routine — it's a way of life that strengthens both the body and mind. Her journey took a meaningful turn after her second pregnancy, when she gained more than 40 pounds and found herself determined to reclaim her health, confidence, and sense of self. Through dedication, discipline, and consistency, she began transforming her lifestyle, discovering along the way that true strength comes from both physical progress and mental resilience.

Inspired by her own experiences, Milva earned her Personal Trainer certification and discovered a deeper purpose in helping other women navigate their fitness journeys. With a special passion for supporting

busy mothers and women over 35, she understands the challenges of balancing personal well-being with everyday responsibilities. Her approach focuses on building sustainable habits, developing confidence, and encouraging women to prioritize themselves without guilt. Milva believes that every woman deserves to feel strong, beautiful, and empowered in her own body, regardless of age or where she is starting from.

Today, Milva continues to challenge herself while inspiring others to push beyond their perceived limitations. As she prepares for her first HYROX competition in 2027, she is embracing a new chapter of athletic growth and personal achievement. Her journey reflects her belief that many of the greatest obstacles we face are the limits we place on ourselves. Milva's mission is to remind women that putting themselves first isn't selfish — it's an investment in their health, happiness, and future. Through fitness, determination, and self-belief, she hopes to inspire others to discover their strength and never stop becoming the best version of themselves.

Athletes World Magazine

Athletes World™ is an independent global magazine dedicated to sports, fitness, and lifestyle, featuring athletes, coaches, trainers, and industry professionals alongside stories on training, nutrition, wellness, and industry news.

Published by Athletes World Magazine - A Burbayne publication

November 6, 2026

https://athletes.world/winter-2026/milva-belloso-featured-athlete-sarasota