

# Miss Carifin

Miss CBTT 2013

See her  
Sunday

The best  
dances

Workout  
with Best  
ability



PROUD

Raissa  
Gomez  
Show your support  
This Sunday at  
Sevilla

Experience  
our victory

Raissa Gomez is 24 years old and currently holds the position of Research Officer in her department. Raissa understands the importance of living a healthy lifestyle and portrays this through regular exercise and eating healthy. She is an avid member of the Central Bank's gym given that she has integrated exercise as part of her daily routine. She starts her day off early by participating in classes such as cardio kick and circuit, she also does aerobics and spin classes during the week. In addition to this, Raissa has sought to improve her level of fitness by training with Central Bank's Fusion team on Saturdays; training which consists of hiking trails in Macqueripe and Maracas beach workouts. By living a more active lifestyle Raissa has encouraged her co-workers as well as friends to partake in some form of exercise and to move away from sedentary living. Raissa is confident that she exemplifies what CARIFIN embodies, which is fun, fitness and friendship.