

HEAD PERSONAL TRAINER, Christine Capece

CERTIFICATIONS:

American Council of Exercise (A.C.E)

EXPERIENCE:

7 Years

PHILOSOPHY:

Set goals, find balance, enjoy the journey!

With a 25 yr career in yo-yo & fad diets while trying to raise 4 kids, these 3 things together finally helped me lose 100 lbs.

You can accomplish anything you set your mind to, you just need the proper tools and guidance to get there!

STYLE:

I understand that everyone is different! With that comes various programs - one that is **just for you**. I will sit down with you, listen to your needs, and together we will make a plan that will have you accomplishing your health goals and feeling the best you have ever felt in your life! Trust me!

EXPERIENCE:

CrossFit Competitor, 2017, 2018

INBF & WNBF Bodybuilding

Fitbody Competitor

AWARDS:

1st place Women's Bodybuilding 2017 Granite State Open

5th Women's Fitbody 2017 Granite State Open

4th Women's Opens Bodybuilding 2017 WNBF Monster Mash

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