

FRANCINE



Hi, I'm Francine. I'm 65 years old. I am a certified personal trainer IDEA and Neta . I've been in the fitness field for 42 years started in my 20's and had a weight problem . I did a body building competition at 55 and won my age group and the younger group ..I try to keep healthy every day and now that I'm older to keep strong and healthy as our bodies change..I am also certified in Healthy eating

Call or text 231-282-5999 for more information.