

# GET FIT FOR LIFE

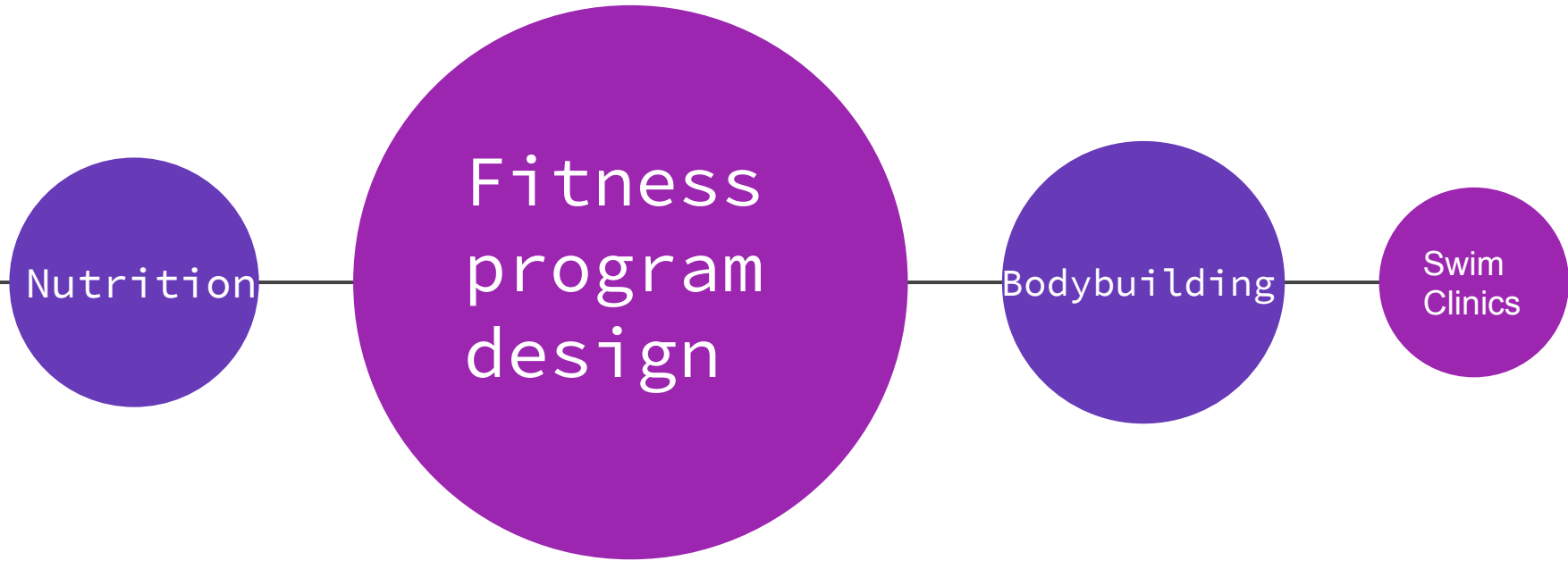
Fitness, Aquatics, and Nutrition Programs

# About me

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I started my aquatics and fitness journey in 2003. Throughout my career I have helped swim teams to increase membership growth, placed swimmers in Championship finals, helped individuals to achieve their fitness goals, and become healthier overall. I have worked with swim programs designed for Navy Seal recruitment, Navy Rescue Swimmers, Wounded Warrior Program, and American Red Cross Lifeguarding courses. Growing up I was a nationally ranked swimmer in Brazil and was qualified to participate in the Sydney 2000 Olympic trials. Being a mother of two, about four years ago, I have decided to become fitter and feel better with my body. I joined the competitive bodybuilding learning more in depth about nutrition and how the body responds to different exercises to build muscle strength and growth. I had an amazing outcome and now I am devoted to help others to take their fitness level to the next step.

# Skills & expertise





# Career highlights

## **2019 NPC Garden State Championship**

Wayne, NJ

3rd place Women's Physique Masters

## **2017 IFBB Rhein Neckar Pokal**

Hockenheim, Germany

Winner Women's Physique

## **2016 Ramstein Bodybuilding**

Ramstein, Germany

Overall winner, Women's Figure

## **2000 Sydney Olympic Trials Qualifier**

Brazil

100M Breaststroke

## **1991-1996 State Record Holder**

MS, Brazil

100 & 200M Breaststroke

# Contact

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