



Stephanie Priolo

- Certified Personal Trainer
- Certified in Sports Nutrition
- Natural Pro Bikini Competitor
- Nationally Qualified NPC Bikini Competitor

Growing up I battled with weight issues as a typical female sometimes does. Although I was always athletic and active I just didn't know what foods to eat or what was healthy for my body. As a result, I was frustrated and tried anything I saw on television, in a magazine or whatever the hot new fad diet was. It wasn't until I actually started researching proper nutrition & training that my physique really began to transform. Since then, I've been dedicated to expand my knowledge in regards to effectively working *WITH* the body to build lean, tone muscle & burn fat.

If you would like to discuss how I can help you reach your goals, feel free to call me at **(218) 348-2027** or email **StephPriolo@gmail.com**. I'm looking forward to helping you bring out your "inner sparkle"!