

Health & Fitness Guru Reveals Why Age Doesn't Matter When it Comes To Developing A Fit, Healthy Body



TODD WARD
studios

Amy Fournier, fitness and health expert, model and media personality, is a powerhouse of inspiration for looking and feeling your best no matter what your age. With over 25 years of experience in the fitness, health and entertainment industry, Amy Fournier is **the Greater Boston area's go-to-girl!**

"There's no teacher with the spirit, energy and charisma like Amy!"

With certifications and experience in the most advanced [nutrition](#) and fitness programs, including [Zumba®](#), yoga, The C.H.E.K. Institute®, The Body Ecology Diet®, Metabolic Typing®, A.F.A.A., Goddess to the Core®, A.C.E., and lifestyle coaching, Amy empowers her students to create a lifestyle that promotes a strong foundation in natural health, with a focus on feeling better and living life to the fullest.

[See complete Bio and certifications](#)

"High-octane energy!!!"

As a [writer](#), speaker, [teacher](#), [performer](#) and role model for women of all ages – especially the over 40 crowd who want an answer to having more energy, feeling great and looking years younger than they are – Amy is a natural for your [events](#), TV shows, [radio shows](#) or [print media](#) on health, fitness, [anti-aging](#), lifestyle and [nutrition](#). She is also available for fitness and lifestyle [modeling](#), specialty live programs, [Master Classes](#) and performances.

[See what others are saying about Amy here](#)

"Even in the biggest audiences, Amy has an uncanny ability to connect with every person in the room making them feel welcome and part of the group!"

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