



## **Danielle**

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Danielle Palmai is an International Sports Sciences Association certified personal trainer since 2003 and a graduate of the University of North Texas. She was a personal trainer for several years in Australia prior to moving back to the United States. Her specialties include developing healthy habits, creating life-changing physical fitness improvements, muscle toning for a lean and defined look, functional training for an efficient body, strength training for disease and injury prevention and guidelines for nutritional eating and weight loss/management. With Danielle's passion for health and fitness, she will lead you to a healthier, fitter life!

Danielle is also an artist. Her work, along with more information, can be found at [www.dpalmaitraining.com](http://www.dpalmaitraining.com).