

# Great Health, Fabulous Fitness ...Any Age



*Tina Baker*

**Personal Fitness, Health and Wellbeing Coach**

# Tina Baker

Hi, I'm Tina Baker. You may know me from GMTV and ITV1's Celebrity Fit Club.

I went from TV soap queen to professional fitness coach, slimming down from a size 16 to a size 10. Now at 55 I'm in the best shape of my life.

Fitness coaching is not about fad diets or making you struggle in the gym; it's about finding ways to motivate and inspire.

So if you're looking to lose weight or adopt a healthier lifestyle, call me on the number below and discover how getting fitter can become a fun and rewarding pastime.



- North London
- Private and discreet luxury gym
- All ages
- Fully qualified and insured

Visit my website for tips, videos and customer testimonials.

Telephone: 07900 888 438  
[www.TinaBaker.co.uk](http://www.TinaBaker.co.uk)

