

## **Michele Fulkerson**

### ***Jungle Bay Dominica Island Fitness Boot Camp Coach***



Michele guides boot camp participants with a desire to share with them the knowledge she has gained about the amazing individual growth that can occur by adding Pilates, yoga, fitness and proper nutrition into their lives and that through gaining inner strength, outer strength flourishes.

She is certified in Pilates and Yoga through the National Exercise Trainer's Association. Michele has been teaching classes and leading adventure yoga and fitness programs for over 10 years.

Michele has also owned and operated two gourmet food businesses and is experienced in creating delicious, healthy meals and specializes in working with regional cuisine, staying true to local flavors to discover the beauty of what is in our own backyards!

Michele is originally from Northern Michigan and now resides on the island of Puerto Rico where she enjoys all outdoor island activities including hiking, cycling and most recently surfing!

