

## Franci Cohen, Nutritionist and Fitness Trainer

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**Franci Cohen is a personal trainer, certified nutritionist, exercise physiologist and creator of SPIDERBANDS®** a total-body cardio resistance workout that leverages gravity and your bodyweight with other intense exercise modules such as rebounding, kickboxing and indoor cycling. With over 18 years of experience, Franci has been a mainstay in the fitness and nutrition industries. Franci believes in a tough love approach to fitness and health. “We all have our fitness wake-up call at some point in our lives and it can be a powerful catalyst for change,” says Franci. “Unfortunately, many people overcompensate and try to change everything at once, which is a disaster. Making lasting change involves going through stages that aren't necessarily linear. People fluctuate and transition between the stages. Knowing how to move through them can get you where you want to be.”



Franci devotes much of her time to Fuel Fitness, a specialty fitness center in Brooklyn, NY and continues to teach group fitness classes, train clients and broaden her perspective in all areas of fitness, nutrition and wellness. She designs unique fitness modules and group exercise programs for her clients utilizing the most effective and popular products, tools and exercise equipment available. “Exercise is one of the most important things you can do for your health, but sometimes it’s hard to just get motivated. My goal is to keep it fun and interesting by creating out-of-the-box programs that wow my clients with both the innovative nature of the classes, as well as with the rapid results they see in their bodies! My classes are the ultimate playground where fitness meets fun, and nothing is off limits!”

**Education:**

- Triple Bachelors Degree
- Masters in Nutrition
- Masters in Exercise Physiology

**Certifications:**

- Nutritionist
- Group Exercise Instructor
- Group Fitness Specialist
- Personal Trainer
- Lifeguard/Professional Rescuer
- Indoor Cycling Instructor

**Certifying Institutions:**

- Academy of Nutrition and Dietetics (A.N.D.)
- American College of Sports Medicine
- National Academy of Sports Medicine
- American Council on Exercise (ACE)
- American Fitness Association of American (AFAA)
  - Mad Dog Athletics
  - American Red Cross

Franci has been married for 14 years and currently lives in Brooklyn, NY with her husband and four children.

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