



Coaching You to Lose Weight and Keep it Off

# Carol Dunlop - Biography

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Carol Dunlop, founder of Optimum Body Sculpting, is a dynamic fitness professional whose talent and innovative style has inspired many individuals to lead a healthy, fit lifestyle.

She offers:

- Goal-oriented Fitness Programs
- Free Weight Management Tools
- Proven Weight Loss Strategies

You can learn more about these innovative offerings at:

[www.optimumbodysculpting.com](http://www.optimumbodysculpting.com)

Carol started her body sculpting business to help women create the body they yearned for by developing individualized training programs and encouraging good nutrition habits. Carol uses her passion for fitness to motivate her clients to accomplish their fitness goals and maintain a positive self image. She works with her clients to help them achieve and maintain the healthy lifestyle they always knew they could have.

She obtained her extensive knowledge of weight loss and weight management strategies while in management positions at The Weight Loss Clinics of America and Mademoiselle Fitness Centers. Carol is a passionate entrepreneur, speaker, motivator and consultant. She is also the founder of "Shape Up Bootcamp for Women" and has conducted numerous fitness classes and bootcamps throughout the Atlanta area.

Carol is also the creator and host of "Fit-4-Life" Internet Radio show. The program showcases women who were once unhealthy but have now committed to living the Fit Lifestyle. They explain the steps that they took to achieve health during the program.

Carol is certified through FiTour as a Personal Trainer and through the American Red Cross as a CPR, AED and First Aid Instructor. She has competed and placed in several Fitness America and National Bodybuilding competitions.

