

Dr. Maria Cristina

Health & Fitness Influencer

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INTERVIEW QUESTIONS

1. What advice would you give to other women CEO'S and others who have never considered getting fit necessary.
2. What made you decide to take back your health?
3. Most women really don't believe in strength training and yet you say it should be mandatory for every woman over 40. Why?
4. What are the major components of your AgeWell AgelessLife program?
5. Do you have a Facebook Page or a Website where listeners could get more information?
6. Is there a special diet you recommend?
7. Do you recommend any books on aging well?
8. How did you choose this new career path?
9. Do you consider yourself a Super Ager and if so why?
10. At your age why do you choose to enter competitions designed for women decades younger than yourself?

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