

Dr. Maria Cristina

Health & Fitness Influencer

www.drmariacristina.com



17K



200



3K



ABOUT ME

Dr. Maria Cristina's health and fitness profiles feature wellness tips and online workouts geared towards Boomer Women, age 50+. Follow along with her for expert advice on how to flourish with age instead of falling into the trap of age-related decline. Maria makes daily recommendations on the best workouts and nutrition to maintain an active lifestyle and stay lean. She creates impactful content that relates to today's women and empowers them to break out of their rut and strive for something better.

CONTACT

msheehan.healthybody@gmail.com

775-745-0701

@drmariacristinacoaching

PRIVATE GROUP

900

MEMBERSHIPS

708

SUBSCRIBERS

2100