

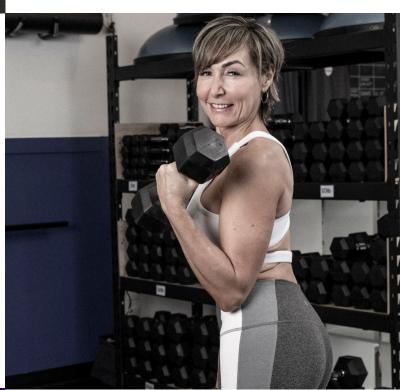


HELPING WOMEN OVER 40 RECLAIM THE TUSH OF THEIR 20'S

## **ABOUT PJ**

I've been a certified personal trainer, fitness instructor & health coach since 1995. During that time I have spent the better part of my career helping women over the age of 40 get fit and strong.

I love squats, lunges, a good burger, and a gin & soda with a squeeze of lime. Because let's be real, no one wants to eat salad all of the time.



## **ELSEWHERE**

## **PJ WREN**

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YouTube: /fitnesswithpj Facebook: /fitnesswithpj Instagram: @fitnesswithpj

## **SOCIAL MEDIA STATS**

4.5M+ YouTube Views
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