

## Dan Furnare



Dan Funare is a Certified Fitness Trainer (CFT) & Specialist in Senior Fitness (SSF) who has coached athletes and fitness clients for over 30 years. As a Certified Fitness Trainer, He promotes the importance of regular strength training at any age. He has developed fitness programs that incorporate all the qualities of a balanced exercise program: Strength, Range of Motion, Flexibility, Balance and Cardiorespiratory Fitness. Also, being Certified in Senior Fitness He is passionate about relaying the message that one can choose a higher quality of life, live longer and healthier through fitness.

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