

Belle Ducote



Education: Le Cordon Bleu - Associate Degree of Culinary Arts;
A New Beginning School of Massage

Certifications: ISSA Certified Personal Trainer, Texas Licensed
Massage Therapist, CPR/First Aid Certified.

Focus: Lifestyle, functional training, strength training, nutrition, and
total body wellness.

Personal Bio: Through my own struggles of leading an unhealthy
lifestyle, I found my true passion and calling in life and have never
looked back! I personally know how hard it is to make the first step
in changing your life for the better and love that I get to share my
knowledge and passion for fitness and nutrition to help clients in
changing their lives. Training for each person is so different, and
always be true to yourself because life is too short!

Fitness Specialist Massage Therapist

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