

Bonnie Beer

FITNESS AND NUTRITION COACH

You may already know Bonnie Beer from her role as managing partner at Caffè Luna Rosa in Delray Beach or her coaching sessions at HEW, a Lake Worth gym; but now she also has her own fitness and nutrition company.

Fitness and nutrition have always been her passions and she's always been a people person. Building on her talents, she recently launched BonnieBfit ([instagram.com/bonniebfit](https://www.instagram.com/bonniebfit), [facebook.com/bonniebfit](https://www.facebook.com/bonniebfit).) She provides fitness and nutrition coaching services in person or online, where she offers fitness, nutrition or combined fitness and nutrition packages. Programs are individualized based on activity, eating habits, age, equipment and experience. She communicates with you daily to promote accountability. "The more we communicate, the more successful you will be."

She caters to busy moms who want to return to looking and feeling their best.

"Us moms are very busy people. We take care of our kids and our households and we work. It's hard to get back into a gym routine. We're unhappy with how we look but don't have time to commute to a gym or don't know where to begin. I can give you a workout that's quick and effective that you can complete in 45 minutes or less," says Beer.

If you opt for in-person fitness training, she'll bring equipment to your home, you can go to her home, or she'll work out in your clubhouse gym. She also holds group bootcamps at community clubhouses.

"I love seeing the progress that women are making and watching them get their confidence back. They tell me how much better they feel about themselves, knowing they're accomplishing something and sticking to it."

For nutrition, she doesn't believe in an elimination diet which forces you to give up items like carbs or sugar. "The word diet is a recipe for a disaster," she says. "Everything in moderation is allowable." She'll give you a nutrition plan with a list of items to choose from. She'll even incorporate your weaknesses such as ice cream (in moderation, of course).

Beer understands her target market. Being a busy divorced mom with two children and working full time, she still always prioritizes health and fitness.

"But I understand how people can get away from that. Every woman I talk to says they're so busy and they don't know where to begin. That's where I come in."

BONNIE BEER, BONNIEBFIT, Boynton Beach, 561-271-5835, [bonniebfit.com](https://www.bonniebfit.com)