



Luca Carucci **Antonia's Trainer**

Luca Carucci is Antonia's personal trainer for our A Lifetime of Health and Wellness Makeover Series™. A former body building competitor with a clean living and eating philosophy, Luca is a "No-Excuses" type trainer. There was no doubt he was the right choice to get Antonia going on her lifelong journey.

Born and raised in Brooklyn, New York, this 37- year-old father of two is living life to the fullest and working hard to fulfill all of his dreams. Luca has accomplished so many goals such as producing successful business ventures, owning three bar/lounges in NYC, being an investment advisor for Prudential Security, becoming a commercial pilot and working as a flight instructor. His experiences have given him the opportunity to travel all over the world. In addition to all of that, we cannot forget his twenty-year experience as a personal trainer.

Luca's has had his own health issues in the past, and they are what propel him towards his goals of healthy living, fitness and well being so he can be a role model and support system for his wonderful children and help others to live a healthy lifestyle.

Lucas goals for Antonia are to push her past what she thinks she can do and to show her how much she can really accomplish if she puts her mind and determination into it. Luca' doesn't accept "I can't" he believes anyone can change their life to one of health and wellness.

