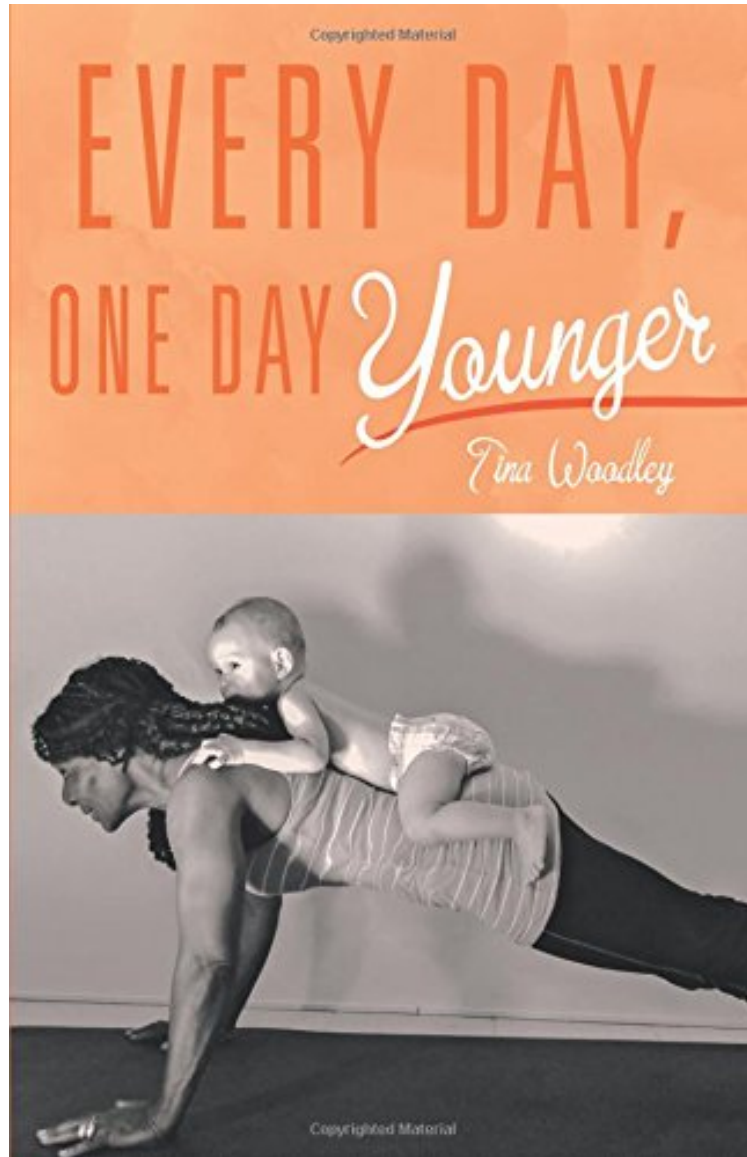


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Tina Woodley

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Every Day, One Day Younger is your guide to the fountain of youth. Designed for both the active older woman and

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About the Author Tina Woodley lives on Bonaire. In 1979, she began professionally training in bodybuilding and weightlifting competitions across Europe and the Caribbean, eventually becoming one of the first female champion bodybuilders after winning the International Female Body Builders European Championship in 1986. In 1989, she opened her own fitness studio in Salzburg, Austria, and continued to strength train others professionally for the next nineteen years. In 2009, she returned to Bonaire to make an impact in the local community. She runs one of the island's first organic restaurant that also serves Ayurvedic food and continues to work as both a fitness and life coach to others. She is a wife, a mother, and a grandmother.