

Dr. Maude Exantus,DNP, FNP-BC, CHC

- Health & Fitness Consultant Specialist Coach
- Educator, Coach, Author, and Speaker
- IFBB PRO Figure Olympian Athlete
- 2022 Ben Weider Natural Figure Pro Champion
- Doctor in Nursing Practice DNP, research prevention Health, Fitness, Wellness & Nutrition management and board Certified Family Nurse Practitioner.
- Over 20 years experience in healthcare, primary care, critical care, corporate wellness, and academia.
- 8 years of undergraduate and graduate nursing professor/clinical instructor experience
- Research optimizing body composition weight management accelerating prime health