



BECCATEBON

Holistic Health • Fitness • Lifestyle Speaker
www.BeccaTebon.com

FIT at 50+



Health • Fitness • Foodie • Selffulness

Mom, International Certified Holistic Health, Nutrition, Fitness & Lifestyle Coach & Advocate, Author & Aspirational Keynote Speaker and God's Girl at work & play!

Becca is the founder of the science-based 9 week Sexy & Strong Make-Over— Her Signature F.I.T "Fearless Integrated Transformations" Program, which advocates how to deepen your relationship with self, release toxic triggers that harm your health and develop habits that ignite a stronger mind and healthier body.

A Certified Personal trainer since 1983, Becca's science-based workout, "I Get Sexy & Strong in 17-Minute Metabolic Workout," has been featured on CBS, FOX2 and approximately 20 other affiliates, which has people around the globe getting in shape and actually enjoy exercising, many for the first time. Tebon's wellness programs, both online & off, support primarily women 40-60 years old. From the shadows of her own congenital health challenges that were rooted in, Asthmatic bronchitis, skeletal and digestive disorders, Becca has retooled her adversities and transformed them into her passions and purpose. Becca has been featured in many lifestyle magazines, taught at Oprah Winfrey's Retreat and National Fitness Conventions, emceed at the International Wyland Green Fair and appeared on numerous blogs and radio shows. The "Never too late theory" in fitness competing, which she started at age 49 and intends to continue til she can't. compete into her 70's.

Specializing in Asthma and Bronchitis relief, Leaky Gut, Chronic Pain, Adrenal Fatigue and self esteem issues.

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