

Cerys HFitness model and bodybuilder

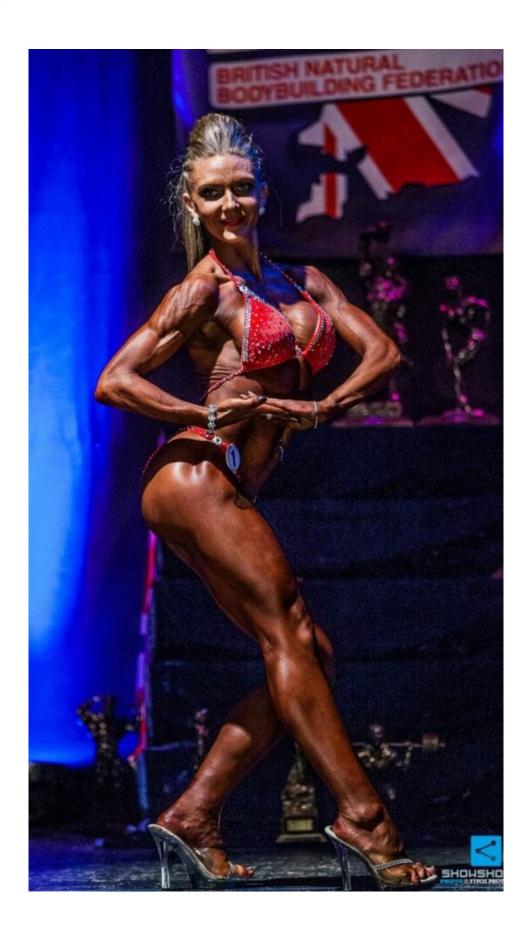




Cerys originally joined a gym looking for a new hobby – and what a fantastic choice of hobby to make. She is now a dedicated bodybuilder and fitness model. Cerys likes to inspire people to change their body diet and way of thinking for the better – and she certainly practices what she preaches!







For more information, contact james@rippedmodels.co.uk