

## Dana H

Fitness model



Dana H is a body transformation advert - she has lost a massive seven stones in weight and has dropped five dress sizes, and looks stunning. She stepped on stage for this first time in 2017 as a UKBFF Body Competitor, reaching 3rd Place in the North-West Championships, receiving a British invite to the finals. Her goals are to inspire woman and promote body confidence and self-esteem. She is walking, talking proof that lifting weights will not make women look manly and hopes to share this message with other woman.



Height: 5ft 3"

Weight: 110 lbs

Dress size: 8



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