

A portrait of Cristina Alciati, a woman with dark curly hair, wearing a dark blue sleeveless top with a graphic of a crescent moon and stars. The portrait is framed by several overlapping white circles. The background of the entire page is a solid blue color with scattered small, colorful dots in yellow, green, and purple.

CRISTINA ALCIATI

Fitness Coach Extraordinaire
waging war on aging.
Winning.

ABOUT CRISTINA

Coach. Athlete. Cat Lady.

Over the past decade Cristina has helped many women reclaim control of their bodies, stop the middle age spread and feel ageless again. Cristina's mission is to inspire others to reinvent themselves, declare who they desire to be, ditch conventions and live fearlessly without limitations.

SIGNATURE TOPICS

- Getting older without getting old
- Menopausal fitness & fatloss
- Learning Parkour in my 50s
- Managing the physical symptoms of PTSD
- Death Metal screaming to help me recover from PTSD



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