

Beth Dolce

Beth Dolce is a fitness professional and consultant certified through the American Council on Exercise. She is the founder of Body Performance and FitStar Survival Camps. Beth also appears as the Fitness Specialist for NBC Channel 4 Columbus, Central Ohio's local news channel, where she writes and delivers live bi-weekly segments. She has trained previously at Core Fitness Studio in Columbus and Corazon Club and Spa. Beth currently trains and coaches group fitness at Good Bodies Personal Fitness and Wellness in Dublin, Ohio.

Beth was a former competitive gymnast, and has coached girls club gymnastics for over ten years. She built on the strength, coordination and flexibility attained from her gymnastics background by becoming a women's figure and fitness competitor from 2002 -2004.

Beth was also the founder and business owner of Creative Home Spaces LLC, which provided both residential and commercial cleaning and organizing throughout Columbus. In 2005 she expanded her business to offer Decorative painting, faux finishing and mural painting. Her decorative painting has been showcased in the 2009 Parade of Homes, City Scene magazine, Artists Helping Children, and the Nationwide Insurance building. Beth is a graduate from The Ohio State University with a B.A in Fine Arts.

Beth's passion and appreciation for health, nutrition and fitness have allowed her to teach and educate others on the importance of leading a healthy lifestyle. She has gained this knowledge over the years with her extensive experience in the sports and fitness fields and her ever growing desire to continue to educate herself in the health and fitness field.