

Mary Luciano

Health & Fitness Professional • National Figure Athlete • Model

Hair: Dark Brown **Eyes:** Dark Brown **Height:** 5 Ft, 2 “ **Weight:** 110 lbs (off Season) - 105lbs (competition weight) **Measurements:** 35A - 25 -34 **Dress:** 4-6

PRINT

Eat Clean, Green and Stay Lean
Feel Healthy, Fit and Radiant
Top 10 Raw Foods for Athletes
Raw Power
Spring Hotties
Raw Vegan Power
Raw Vegan Power

Contributor
Contributor
Contributor
Contributor
Model
Model Feature
Contributor

PRODUCTION/COMPANY

ExtraFit Magazine
ExtraFit Magazine
ExtraFit Magazine
ExtraFit Magazine
Inside Fitness Magazine
Posedown Magazine
Hippocrates Health Institute

MEDIA

Raw Vegan Radio
Transition Your Diet to New Heights
Raw Pleasure and Pure Joy/Food Demo
Raw Pleasure and Pure Joy/Intro to Raw Food

Guest Speaker
Presenter
Presenter
Presenter

Raw Vegan Radio
CBC's Taking Care of U, 2009
CBC's Taking Care of U, 2008
CBC's Taking Care of U, 2007

COMPETITIONS

OPA Canadian Figure Nationals
OPA Ontario Provincial Championships
OPA Ontario Regional Championships
OPA Ontario Regional Championships
IDFA Canadian Classic V & Pro Universe
FAME World Championships

National Qualifier
5th Place, Figure Short, Master
3rd Place Figure Short, Master
4th Place Figure Short, Open
2nd Place Figure, Short, Novice
3rd Place Bikini Model, Masters

CBBF 2010
OPA, 2010
OPA 2010
OPA, 2010
IDFA, 2009
FAME, 2008

SPOKESMODEL

Raw Vegan Healthy Living Educator

SPECIAL SKILLS, CERTIFICATIONS AND EDUCATION

Masters of Education
OCT - Ontario Certified Teacher
Bachelor of Business Commerce
Science of Raw Food Nutrition Level 1
Body Enlightenment Mastery Program
Body Enlightenment Program
Living On Live Food – Level 1 Chef Certification
Canada Basketball Level 1 Technical Coaching Certification
Reiki Level 1
Certified Personal Trainer
Certified Spinning Instructor
Fitness Leadership Certification