

SOLITNESS

Nutritionist & Certified Personal Trainer



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ABOUT ME

My name is Solana Faerman, I am originally from Argentina, but I moved to the US in 2002. I am 22 years old and I currently live in New York and Miami.

I am completing my master's in Clinical Nutrition at NYU and I am a certified personal trainer. I focus on everything health and wellness on my blog. I share workouts, healthy recipes, and my favorite products.



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