

## About Me

Contributed by April Van Hoose  
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Occupation: ACE Certified Personal Trainer, Figure Competitor, Model, and Mother of three      Marital Status: Married for  
thirteen years to my best friend and biggest fan Josh. We have three girls. Height: 5'7" Weight: 132 offseason; 126 Pre-  
contest Hair: Auburn Eyes: Brown Birth Place: Pikeville, KY Birth Date: March 31, 1977

Hobbies: soccer, hiking, camping, swimming, playing at the lake, watching movies, cooking, and just being active.