

DANIELLE ROULEAU

www.DanielleRouleau.com

Bodybuilding Weekly and FigureRX Sponsored Athlete

Full name: Danielle Rouleau (“Dani”)

Occupation: NPC Figure Competitor, Fitness Model, Personal Trainer

Birth date: October 14, 1984 in Brandon, Florida

Hometown: Riverview, Florida

Residence: Tampa, Florida

Height: 5' 6-3/4"

Weight: 130 – 135 lbs (competition), 150 lbs (off-season)

Measurements: 36-23-34

Shoe: 8.5 **Dress:** 3-5

Hair: Brown with blonde highlights

Eyes: Blue

Years training: Eight

Years competing: Six

Training gyms: L.A. Fitness and XSport Fitness

Athletic background: Dance, gymnastics, and cheerleading

Strongest muscle groups: Quads, shoulders and abs

Hobbies: Working out, shopping, traveling

Favorite music: Country and hip-hop

Favorite TV shows: Without a Trace, Burn Notice, Court TV, Bucs Football

Favorite diet food: Farina with Splenda

Favorite cheat food: Ice Cream

Role models in fitness: Gina Aliotti, Monica Brant and Beth Horn

2009 Competition Schedule

State or Local NPC Contest – to be determined

May 23rd - NPC Junior USA Championships (Charleston, SC)

Recent Competition History

2008 NPC Junior USA Championships – Figure F, 12th

2007 NPC Junior USA Championships – Figure F

2006 IFBB North American Championships – Figure D, 4th

2006 NPC Junior National Championships – Figure D, 4th

2006 NPC Junior USA Championships – Figure D, 3rd

2005 NPC Florida Gold Cup – Figure tall, 1st

2005 NPC All South – Figure tall, 4th

2005 NPC USA Championships – Figure F, 15th

2004 NPC South Florida Championships – Figure tall, 1st

2004 NPC Junior Florida Championships – Figure tall, 2nd

2004 NPC Tampa Bay Classic – Figure tall, 1st

2003 NPC Southern States – Figure teen, 2nd

2003 NPC Lakeland Classic – Figure tall, 3rd

2003 NPC Tampa Bay Classic – Figure tall, 3rd

Selected Modeling/Print Experience

FigureRX Magazine

MuscleMag International

Bodyfitness UK

NPC News

Southern Muscle Plus

Contact Information (management)

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