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MAKE IT  
FUN NYC

[www.makeitfunnyc.com](http://www.makeitfunnyc.com)

Make It Fun NYC

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## Who is Bernadette Henry?

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Bernadette Henry is an award winning, former competitive jump roper and amateur boxer, specialty trainer, jump rope instructor and fitness expert, spreading the fun and creativity of a pastime. Jump rope! When she was 10 years old, Bernadette would spend her school recesses jumping rope with friends. Thirty five years later, she is a mother of three sons, two with special needs, a wife and using jump rope as a tool to inspire her community and to make the world a healthier, fitter place. She is a coach, mentor, leader and trainer for individuals searching for a way to keep fitness foremost and have fun while changing their lifestyle. Most of all she is an inspiration to those fortunate to be in her presence. Her positivity is contagious, and you can't help but strive for greatness when around her. What sets her apart from other fitness gurus is her ability to maintain intense physical activities and still make it fun.



# Features & Affiliates

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With a zest for life, unique jump rope style and skill, Bernadette has been able to change the lives of many people through Make It Fun NYC. She has been featured on and is affiliated with the following media platforms.



# Services

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Online Monthly Membership  
Speaking Engagements  
One on One Coaching  
Special Appearances  
Group Training

For Rates & Customized Packages

Bernadette Henry

347-913-5336

info@makeitfunnyc.com



TESTIMONIAL

**“Bernadette [shows] us how to make our workout fun!”**

- **Dr. Oz**  
TV Host, Surgeon, Professor

**“I love what you do! You have that fire!”**  
- **Michael Oladje Jr.**

Co-Founder of Aero Space NYC,  
Former Champion Boxer & International Fitness Expert

CONTACT

## Booking Information

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Bernadette Henry

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