

Linda T. Gottlieb, MA, CPT, CET

Fitness & Behavior-Change Coach | Founder, FitTraining LLC (**FitTraining.net**)



Short Bio (50 words)

Linda T. Gottlieb, MA, CPT, CET is a fitness and behavior-change coach with more than four decades of experience helping adults build strength, mobility, and confidence through sustainable exercise. She works with the Yale University School of Public Health Exercise & Cancer research team and is the author of *No Ifs, Ands or Butts: How to Turn the Top 10 Exercise Excuses into Fitness Triumphs*.

Standard Bio (150–180 words)

Linda T. Gottlieb, MA, CPT, CET is a veteran fitness and behavior-change coach with more than four decades of experience helping people build strength, mobility, and confidence through realistic, sustainable exercise.

Through her company, FitTraining, Linda provides personalized coaching designed to support healthy aging, medical recovery, and long-term physical independence. Much of her work focuses on helping adults navigate exercise during life transitions, illness, injury, and cancer treatment.

Linda has worked with the Yale University School of Public Health Exercise & Cancer research team, supporting national randomized clinical trials studying the role of physical activity in cancer survivorship. She is also a Founding Elite Member of the International Society of Exercise Oncology.

A frequent speaker and educator, Linda has presented programs for medical groups, professional organizations, and community audiences. She is the author of *No Ifs, Ands or Butts: How to Turn the Top 10 Exercise Excuses into Fitness Triumphs*.

Linda's philosophy is simple: getting older doesn't have to suck. Move your body, improve your life.

Extended Bio (250 words)

Linda T. Gottlieb, MA, CPT, CET is a veteran fitness and behavior-change coach with more than four decades of experience helping adults build strength, mobility, and confidence through realistic, sustainable exercise.

Through her company, FitTraining, Linda provides personalized coaching designed to support healthy aging, medical recovery, and long-term physical independence. Her work often focuses on helping people navigate exercise during life transitions, injury, illness, and cancer treatment.

Linda has worked with the Yale University School of Public Health Exercise & Cancer research team, supporting national randomized clinical trials studying the role of physical activity in cancer survivorship. She is also a Founding Elite Member of the International Society of Exercise Oncology.

In addition to coaching, Linda is a speaker and educator who has presented programs for medical groups, professional organizations, and community audiences across the country. Her presentations combine evidence-based insights with practical strategies that help people make exercise work in the real world.

She is the author of *No Ifs, Ands or Butts: How to Turn the Top 10 Exercise Excuses into Fitness Triumphs*, a practical guide to overcoming the barriers that keep people from staying active.

Linda's philosophy is simple: getting older doesn't have to suck. Move your body, improve your life.

Contact

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