



## Linda Gottlieb Bio

Setting new trends in training and motivation, personal trainer, cancer exercise trainer, wellness educator and active lifestyle coach, Linda Gottlieb has an extensive career in the fitness industry. She has developed and presented hundreds of exercise/wellness classes, has been director of a 30,000 square foot full service health club, and has managed fitness facility projects for luxury hotels. Along with traditional in-home personal fitness training, Linda specializes in individualized telephone/internet coaching, working closely with medically challenged individuals seeking to improve their health and their life with exercise.

Ms. Gottlieb's BA in Psychology, along with her Masters in Instructional Design, prepared her to successfully identify how to motivate her clients, work through roadblocks and stages of behavioral change. She excels at presenting fitness and active lifestyle methods in an easy to understand manner, while engaging her clients. Linda received the Presidential Sports Award in 1988 and 2003, multiple industry certifications from IDEA, ACE, and AFAA, and is a member of The American Institute of Fitness Educators, The Association of Fitness by Phone® Coaches and Reebok Instructor Alliance. One of the first nationally certified Cancer Exercise Trainers sanctioned by the American Council of Sports Medicine and the American Cancer Society, Gottlieb is also the first certified Cooper Institute Active Living Every Day behavior change program facilitator in the state of Connecticut.

She is currently on staff at Yale University as a cancer exercise trainer on gynecological cancer clinical trials. As a frequent speaker, she champions daily fitness activity, the connection between food and mood, and realistic, positive perceptions of an individual's body image. A writer, author, speaker and wellness consultant, she founded FITChicks™ in 2007, a monthly sisterhood meeting in Shelton, CT. Linda also produces an Optimal Health e-newsletter and

flexible fitness and physical activity programs such as her “15-minute check-ins” and Moving Through Cancer™ Rhythm for Recovery seminars. Her first book, No Ifs Ands or Butts -Turning the Top 10 Exercise Excuses into Fitness Triumphs is already receiving praise and being enjoyed by people who are looking for realistic fitness solutions. With her outgoing nature and ability to create innovative programs that keep up with changing trends and client health fitness needs, Linda is well positioned to cast a fresh perspective on wellness programs that are fun and continuously rewarding.