



## EXPERT FITNESS SOURCE



Lisa Druxman, M.A. is a nationally recognized speaker and author and is considered an expert in the field of fitness, particularly pre and postnatal fitness.

Druxman earned her Master's degree at San Diego State University in psychology with an emphasis in exercise adherence and weight control. She created the weight management program, **L.E.A.N. Mommy®** (Learn Eating Awareness and Nutrition) which is releasing as a book by Hatchett Publishing next year.

A noted authority on prenatal and post natal fitness, Druxman has been a presenter at I.D.E.A. (national and world conferences), and is certified as an instructor, personal trainer, and provider of Continuing Education through the American Council on Exercise (ACE).

Druxman is also a well-published author, winning an APEX journalism award for a recent article published in a fitness trade journal. Druxman has been received numerous business awards by organizations such as the National Association of Women Business Owners for her unique and successful business. Lisa Druxman is the exclusive writer for **Entrepreneur's** new Mompreneur section on entrepreneur.com.

A regular contributor to several San Diego area TV news stations, as well as Fitness Editor to e-Pregnancy magazine, Druxman has been featured on NBC's **Today Show**, CNN, **Access Hollywood** and profiled in magazines such as **Entrepreneur, Woman's Day, Good Housekeeping, Self** and more.

Animated and articulate on camera and entirely quotable in print, Druxman can be used as a source on a variety of topics, including:

### **Fitness / Health**

Put Yourself First - how to make your health a first priority in your family

Everything I Ever Needed To Know About Health I Learned From Becoming A Mom - A

heartfelt talk about how motherhood can inspire you to take better care of yourself

Go Away! – Why it's important to get away to sharpen your saw. This is a great one for destination spas.

L.E.A.N. – Learn Eating Awareness and Nutrition. How to change your thoughts and behaviors about exercise and diet.

### **Mommy Fitness**

Oh My Aching Mommy - How to Relieve the Aches and Pains of Motherhood

Lean Mommy: An Exercise and Eating Plan for the New Mom

Turning Your Stroller Into A Total Body Workout

The Last 9 Months - A workout to get back in shape after baby

Training For the Marathon of Labor - Getting in shape for childbirth

### **Entrepreneurial**

Yes, You Can! Inspiration for the "Mompreneur"



For Moms, By Moms - Creating Family Friendly Business Opportunities

Moms Make It Big - Stories of Millionaire Moms

10 Tips for the W-A-H-M (Work At Home Mom)

Druxman relishes the Stroller Strides mission statement, "Helping moms make strides in fitness, motherhood and life." She lives in San Diego with her husband, young son and newborn daughter.