



Shana Schneider, FITWEEK

Shana is the Founder of FITWEEK® and the Director of Communications for the Yale Office of international affairs. As a busy working woman who's schedule constantly got in the way of her making it to that gym class she planned to attend, Shana began incorporating fitness into her lifestyle through everyday required tasks like brushing her teeth and commuting to work and fun activities like spending time with family and friends. It was through her innovative workout style, that Shana founded

FITWEEK®. As a fitness expert (AFAA certified group fitness instructor), media contributor, FitStylist and public speaker, Shana strives to inspire people everywhere to turn every week into a FITWEEK!™

Topics: Talks focus on “How to bring fitness into everyday life” and “Making fitness fit your lifestyle”. Talks can be tailored to focus on everyday life and/or work environments. The auditorium or office chair, and neither workout clothes nor a special space are required.

FITWEEK talks are generally comprised of three distinct parts:

1. An introduction that looks at our sedentary lifestyle and the many hats we all wear during the day that cause us to think there's no time for working out.
2. Nitty-gritty statistics related to the importance of being fit and healthy and why fitness is essential to your quality of life.
3. Tips on how you can find time by bringing fitness in to everyday activities at work, at home, and with friends. Shana can tailor the tips to your audience. She does actual demos and everyone will walk away with a few tips they can apply immediately.

Areas of Expertise: Health and fitness

Audience: Women aged 25 and up. Talks are suitable for a mixed gender audience

Speaker Fee: Please inquire; depends on audience size

Contact:

Phone Number: 203-843-0718

Website: www.fitweek.com

Social Media Links:

Facebook: <http://www.facebook.com/fitweek>

Twitter: @Fitweek52

LinkedIn: <https://www.linkedin.com/company/fitweek>