

Fantastically Fit's Impact on Health and Wellness

- Led development of a statewide obesity plan for VA by successfully coordinating 35 offices throughout Virginia and working in conjunction with the Governor's office.
- Achieved consensus among various parties by effectively demonstrating the significance of program goals and grant-making strategies.
- Earned Proclamation by the Governor of Virginia.
- Served as program spokeswoman on numerous radio and television interviews. Health and Wellness consultant to 700 Club internationally.
- Designed numerous successful weight loss programs for local medical practices.
- Designed successful pre-operative weight loss program for bariatric surgeon patients for all area hospitals and surgeons.
- Spearheaded creation of the first Health Atlas model in the United States that would serve as the benchmark for other state projects.
- Augmented annual funding for health data collection by 110% by leveraging an extensive network of contacts and applying effective business methodologies to drive the success of a non-profit organization.
- Earned honors by the Council on VA Future for achieving program goals.
- Launched the area's first integrative medicine practice, The Center of Integrative Medicine, as well as the area's first holistic health club, The Richmond Alternative Center for Health.
- Drove the successful development of a corporate wellness strategy from scratch, achieving profitability while maintaining ideals.
- Selected by Style Weekly magazine as one of Virginia's *Top 40 Under 40* in recognition of promoting health, wellness, and prevention while achieving business profitability.
- Built a solid foundation for a new non-profit health and wellness organization that led to 200% growth in its first year and 300% growth in its second year.
- Drove the success of a non-profit organization by applying business principles to maximize revenue.
- Earned the Arthur Ashe Award for Excellence.
- Catapulted ranking of a struggling facility operation from 295th to 10th company-wide in only 3 months.
- Drove revenue up 171% in 10 weeks by increasing personal sales and implementing an effective health and wellness sales management initiative.
- Won the Elite Performer Award in recognition for performing within the top 5% of health clubs nationwide.

- Public Speaker for Business Health Services. Presentations include:
 - The 3 Myths of Health Behavior Change
 - 5 Crippling Health Habits
 - How to Create Successful Worksite Wellness Programs
 - Emotional Management and Mindfulness in Business
 - Taking Charge of Your Health
 - Stress: The Constant Challenge
 - Psychological Health
 - Substance Abuse and Alcohol Abuse
 - Nutrition Basics
 - Exercise for Health and Fitness
 - Weight Management
 - Cardiovascular Health
 - Cancer
 - Immunity and Infection
 - Environmental Health
 - Conventional and Complementary Medicine
 - Personal Safety
 - Aging: A Vital Process
 - Death and Dying
 - The Mind-Body Connection
 - The Affordable Care Act: How It Affects You and Your Company
 - Ketogenic Diet
 - Weight Loss 101
 - Supplements: Making Smart Decisions on Which Ones and Why
- Consultant to American Council on Exercise
 - Instructor for Health Coach Certification
 - Instructor for Personal Training Certification
 - Instructor for Sports Nutrition Specialist Certification
- Adjunct Professor in the Department of Health and Human Performance
 - Instructor for HPEX 300, Delivery of US Healthcare
 - Instructor for HPEX 354, Coping and Adaptation
 - Instructor for HPEX 357, Personal Health and Behavior Change