

SUSIE SHINA

Fitness Stylist

Author, Speaker & Fitness Entrepreneur

Top 5 Topics Audiences Love

- **SELF IMAGE:**
Size Matters - Fit Enough at any Weight
- **SEX:**
The Pre-SEX Warm-up: 5 Easy Tips from the Fit Enough Playbook
- **LIFESTYLE:**
The 90 Day Wonder - Be, Do, & Have MORE
- **PARENTING:**
Is your Diet Hurting your Kids?
- **RELATIONSHIPS:**
Friend or Foe: How do you treat YOU?

Susie Shina brings her unique message to the mainstream with **authenticity and genuine appeal**. Readers and live audiences feel an **immediate connection** to her down-to-earth style, southern charm and engaging wit. **Lifestyle transformations become attainable and fun** when Susie breaks it down in her own endearing way. People from all walks of life are **inspired and motivated to make meaningful changes** as she shares professional guidance, practical solutions and personal experience with her fresh 'be who you want to be' philosophy. As an author, speaker and fitness entrepreneur, Susie breathes new life into diet and exercise with her **innovative lifestyle concept called Fit Enough™**. She **restyles and restores bodies and lives** so people can be fit enough to get more of what they want **without getting worked up about the workout**.



"Be who you want to be...be Fit Enough!"

~ Susie Shina

Susie can help audiences with:

Exercise & Nutrition

Lifestyle Makeovers

Women's Health & Diet Trends

Fitness Fashion

Fitness & Diet Etiquette

7-part 'Fit Enough' Series
Sex, Self-Image, Sleep, Parenting, Relationships



VISIT SUSIESHINA.NET TO LEARN MORE ABOUT HOW SUSIE CAN PROVIDE YOUR AUDIENCES WITH FRESH IDEAS TO IMPROVE THEIR LIVES.

t: 678.438.9185 f: 877.811.5140 www.susieshina.net susie@60secondcircuits.com

SUSIE SHINA IS:



Owner of Fitness 180, Personal Training Services & TeamShinaGo!
Books, Products & Workshop series

Fitness Resource & Contributing Writer for many fitness-related websites including WebMD, First Magazine, Monster.com, SheKnows.com, MyFitTribe.com, ClarkBartram.com and more...

Certified by the American Council on Exercise for Nutrition & Weight Management, Personal Training and Pre- & Post-Natal Exercise; UofA, BA in Dance - 10yrs Dancer/Choreographer

Susie Shina puts her Fit Enough spin on these Timely Topics to keep audiences coming back for more!

JAN	What is it all for? Resolutions for the Rest of Us! Failure-proof your Year! The 90 Day Wonder - Goal Setting Tips to change your body & LIFE!
FEB	7 Ways to Get Fit Enough for your Hottest Sex EVER The Top 3 lifestyle changes for MIND-BLOWING SEX TONIGHT!
MAR	Spring Cleaning: 5 Things in your House that are keeping you FAT St. Patrick's Day: The True Benefits of BEER - Humorous
APR	April Fool's Day: Don't Be Fooled by Another Detox Diet Earth Day: Recycle your Lifestyle - Easy Bad Habit Makeovers
MAY	Mother's Day: 5 Things Mom REALLY wants - psst...they don't cost a dime! Wedding Countdown: 6 Stress-Free Ways to be Fit Enough for your big day
JUN	Honeymoon's Over: Is your new spouse making you FAT? Father's Day: Hey Dad, did having kids wreck your body too? Get it back fast!
JUL	July 4 th : Claim your independence - Drop your gym, do it yourself Busy Summer Schedule: Make Multi-tasking work for your workout
AUG	Celebrities fail at diets too - what's the deal?! "I'm on a Diet" Etiquette - The Do's & Don'ts of Dieting at Dinner Parties
SEPT	Back to School: Is your Diet hurting your Kids?! Recapture your lust for learning...about yourself! Who are you NOW?
OCT	Ration or Gorge: The Halloween Candy Dilemma Hibernation Time! 7 Tips for your best night's SLEEP ever!
NOV	Holiday Survival Guide: 5 Ways to Enjoy yourself without Worry or Weight Gain Thanksgiving: Beyond the Feeding Frenzy - Gratitude for your life!
DEC	Lifestyle: Your personal year in review - What did you DO?? New Year's Resolutions - Why Bother?!

"Susie Shina is the most **MEMORABLE** woman you will meet! **DYNAMIC, AUTHENTIC, CHARISMATIC, ALIVE, REAL.**
Definitely a **ONE-OF-A-KIND** woman with **UNPARALLELED CHARM.**" ~Jeannie Callen-Barat, Talk Show Host, Celebrity Trainer

"Susie **SHINES BRIGHT**...shares valuable information in the most **ENTERTAINING** way. **FRESH, GENUINE, ENERGETIC**...become better, richer and learn how to really LIVE. She is **TRULY ONE-IN-A-MILLION.**"
~Todd Durkin, 2 time Personal Trainer of the Year, Head of Under Armour Training Council

"...serves with **PASSION, KNOW-HOW & AN INSPIRED HEART**...Susie puts 110% of herself into helping others help themselves with **FUN**, bite-sized transformations...secrets to be fit, eat well, have great sex and sleep deep...she's **YOUR BEST FRIEND WHO TELLS IT LIKE IT IS!**" ~Michelle Weinstein, President, Optimal Nutrition Inc.

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