

Diana Antholis

Wellness Coach & Personal Trainer at Diana Antholis

Middletown, NJ, US

I help women live the centered, balanced, and sexy lives they deserve.

Biography

I'm that kick in the ass you need to start leading the life you were meant to live. I help fabulous professional women lead centered, balanced lives through personalized mind and body exercises - making them feel happy, hot, and (back) in control by shifting the way they think about themselves. As a wellness coach and personal trainer, I show you how exercise and nutrition can be seamlessly integrated into your life - changing what you "should do" into "what you do." With an MA in Organizational Management, I help you define your balance and find your center to incorporate what's really important and limit the anxiety and stress that comes with working so much. My mission is to make you feel like the sexy, fabulous woman that you are and help you get back in control of your life.

Availability

Panelist, Workshop, Author Appearance

Industry Expertise

Professional Training and Coaching, Management Consulting, Advertising/Marketing, Health and Wellness

Areas of Expertise

Exercise, Nutrition, Work/Life Balance, Organizational Behavior, Marketing, Wellness

Sample Talks

Creating Your Wellness Lifestyle

In terms of your wellness, you know what you should be doing: exercising, eating healthy, and reducing stress. Sounds great, right? But how the heck do you do all of that? And how do you stick to it consistently? It's all about creating a wellness lifestyle. During our discussion, I'm going to show you how to make exercise, nutrition, and stress-reduction part of your everyday life. We'll talk about dieting, your goals and motivation, and fast and easy meditation tips.

Event Appearances

Branding Your Digital Image
Branding Your Digital Image

Creating Your Wellness Lifestyle
Audacity Aces Webinar Series - Creating Your Wellness Lifestyle

Education

The American Council on Exercise
Certified Personal Trainer Personal Training

The George Washington University
Master of Arts Organizational Management

The Fashion Institute of Technology
Bachelor of Science Advertising and Marketing Communications

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