

CHRISTINE LUSITA

HEALTH + WELLNESS EXPERT



Christine Lusita

ELECTRONIC PRESS KIT

BIO

Christine Lusita, CPT, CHC Author of *The Right Fit Formula*, UCLA Mindfulness Educator, Nutritionist, Behavior change specialist, TV Health + Wellness expert, and creator of the 80's inspired athleisure wear brand *What a Feeling Athletic Wear*.

Christine specializes in everyday health topics including; food + nutrition, mindfulness, fitness, beauty, personal development and wellness.



She is a regular contributor to national media and has been featured on *Good Morning America*, *Today show*, *FOX*, *Inside Edition*, *EXTRA TV*, *Steve Harvey*, amongst several other media outlets. Her balanced view for healthy living, a diverse educational background, her relatable demeanor and practical approach make her the ideal on-air expert to deliver key messaging points.

Christine's motivation is to help others lead healthier and happier lives by providing viewers with quick + easy solutions that honor their individuality not a fad. To fulfill this purpose, she has worked closely with some of the most respected obesity doctors in the country in order to provide meaningful and current information.

As a brand consultant, keynote speaker and mindfulness educator, Christine has had the pleasure to influence thousands of people to improve their health through her simple philosophy of "diets don't succeed, people do". This makes her an unparalleled expert and a respected contributor. From the latest trends in health, fitness, nutrition, and beauty, down to the tender topics of body image, stress reduction, anxiety and meditation, Christine is able to break down valuable information in a very approachable way.

She has represented over 100 major brands on air, delivering key messaging points for branded integrations. Her creative contributions include:

- National on-air spokesperson: connecting your brand to the current conversations and health trends in the media
- Satellite media tour and health awareness tours
- Social networking, editorial content and viral benefits campaign
- Host live speaking events worldwide
- Media coverage hits for both national, local television and radio
- Podcasts
- App creation
- Online and print publication interviews
- Build online programs for consumers and trainers
- Expand brand identification to include their point of view on all aspects of healthy living
- Product development
- Program development
- Global workout videos

PRESS

Watch Christine's [sizzle reel](#) to see her in action on numerous national and local TV shows!

TV and PRINT

Visit [Christine's Website](#) to watch her on-air and editorial contributions.



Health



SHAPE

SHEKNOWS



BRANDS AND ACCREDITATIONS



Christine has represented the following lifestyle brands on air:



Planet Fitness
Nike
Reebok
POM
Bosu
Under Armour
Life Fitness
Motorola
New Balance
Beyond Yoga
Aloha

Adidas
SPRI
Polar
Garmin
Power Systems
Balanced Body
Lumo Lift
Brooks running shoe
Dr. Scholls
UGI
Pilatesstick
Helix



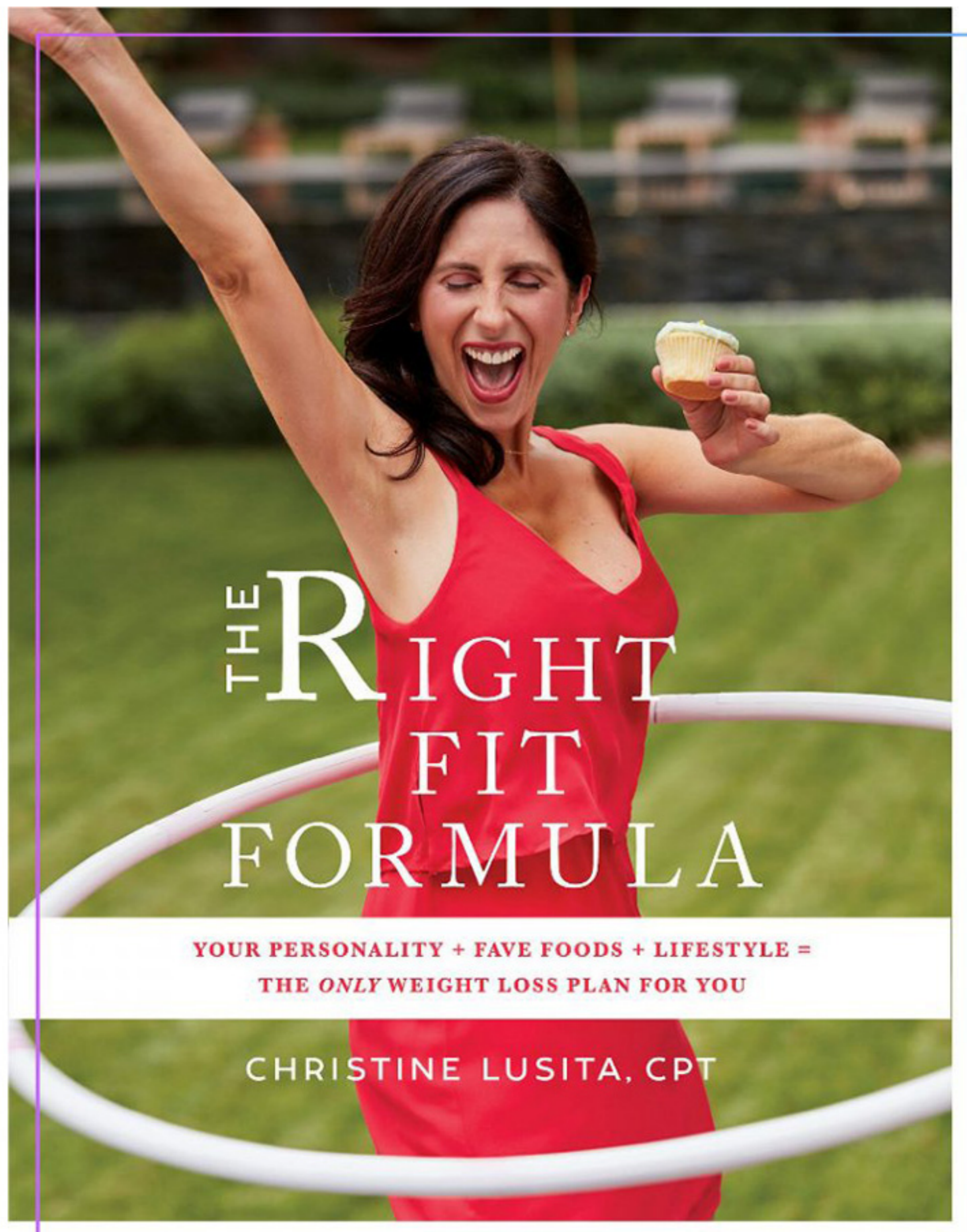
ALOHA



Accreditations and educational background:

Mindfulness Educator
Nutritionist
Certified Personal Trainer
Certified Health Coach
Behavior Change Specialist
Author of The Right Fit Formula
Pilates PMA instructor

BOOK



"Christine has done the impossible! The Right Fit Formula is a diet/nutrition/fitness book that is personalized, informative, witty, insightful, and practical. Her use of behavioral science to understand and direct dietary and lifestyle change is truly revolutionary."

- David Schechter, MD

Top Doctors "Ten Years" Award for Sports Medicine, Author of Think Away Your Pain & The MindBody Workbook

"I love that Christine, who I have worked with for years, has included all of the critical elements for a balanced lifestyle—physical activity, behavior change including stress reduction, food plans with recipes, and attention to sleep. Kudos for a life altering plan."

- Dr. Robert Huizenga, MD

Internist and Associate Professor of Clinical Medicine at UCLA, Author of Where Did All the Fat Go? The WOW! Prescription to Reach Your Ideal Weight—and Stay There!

"She knows her stuff. Christine has brought such infectious passion to every fitness segment we've done. The Right Fit Formula is her obvious next step toward giving dieters what they've never had before; an approach to weight loss that hinges on their individuality; something every dieter needs to be successful."

- Sam Rubin

KTLA TV Anchor

"Christine Lusita is much more than a fitness trainer. She has devoted many years to her own personal growth and the cultivation of a deep mindfulness practice. She exudes insight and compassion. I have no doubt this book will be an extraordinary guide to both inner and outer work for anyone working with food issues of any kind."

- Diana Winston

Director of Mindfulness Education at UCLA Mindful Awareness Research Center and author of Fully Present: The Science, Art, and Practice of Mindfulness



CONTACT



WEBSITE

www.christinelusita.com

EMAIL

Christine@christinelusita.com

PHONE NUMBER

+1 (310) 245-6895

TWITTER

[@christinelusita](https://twitter.com/christinelusita)

INSTAGRAM

[@christinelusita](https://www.instagram.com/christinelusita)