



WILD CARD

Lacey Stone is one of the most-sought after fitness professionals in America, and Hollywood's hottest celebrity trainer.

Lacey's motto is **Passion. Persistence. Patience = Excellence!** Her mission is to inspire individuals to achieve optimal success in all aspects of their lives. She has consulted, held strategy sessions and group seminars for companies such as Nike, Google, Coca-Cola, Reebok, Dove, and Nintendo Wii. Lacey is also one of Gatorade's G Series FIT sponsored Fitness Athletes.

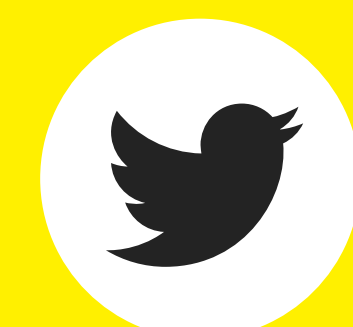
Her signature **8 WEEKS TO CHANGE** program takes individuals from "I can't" to "I Can" changing their bodies and lives forever. With a personalized food program, Lacey inspires people to push beyond their self-imposed fitness boundaries, creating a community where participants are challenged to unleash their inner athletes and be their best selves from the inside out.

PURE HEART

As a bonafide fitness lover, Stone loves wearing the multiple hats of entrepreneur, TV personality, magazine contributor, trainer, group fitness instructor, motivational speaker and innovator.

She makes frequent appearances demonstrating turbo-charged fitness programs, offering nutritional advice and signature workouts on national news and network shows from *The Today Show* and *Good Morning America* to *Dr Oz* and *CNN*. Look for the new **LACEY STONE FITNESS CHANNEL** launching on *YouTube's Whistle Sports* network this month!

READ MORE: LaceyStone.com





Lacey Stone
8WeeksToChange
Fitness Program

ALL YOU

**There is no magic work-out.
No perfect diet.
The answer is within you.
You're a beautiful beast.
You're the mastermind.
Strong enough to brave the obstacles.
Resourceful enough to evolve.
Dare to be true.
Dare to be you.**

WORKOUTS

Working out shouldn't be more work —it should be more fun. Fitness is our opportunity to express our raw power, to exercise the heart and run the mind, to let go and take control.

MIND

We need less judgment, especially from ourselves. We all need more honesty and support to achieve real change and to feel like ourselves; to trust and love ourselves more.

ALL UP

NUTRITION

There is no shortcut to a great body. There's no quick fix diet. What you put into your body is what you will get out of it. The key is consistency, portion size and trusting in the process for lasting and meaningful success.

PERSONAL TRAINING

With a mission to inspire people to achieve positive success in all aspects of their lives, Lacey strives to help people be fit for life, not just for bikini season. To talk about setting up your own personal regimen or one-to-one workouts, send an email to lacey@laceystonefitness.com.

LACEY
STONE



Photo: Carbon38

Design by Stack

PRESS

03

**'NO FEMALE
TRAINER IS
HOTTER IN
AMERICA.'**

WALL STREET JOURNAL

*'Lacey Brings Tight Abs
with a side of Love.'*

VOGUE

*'I thought her tips were
incredibly motivating.'*

THE HUFFINGTON POST

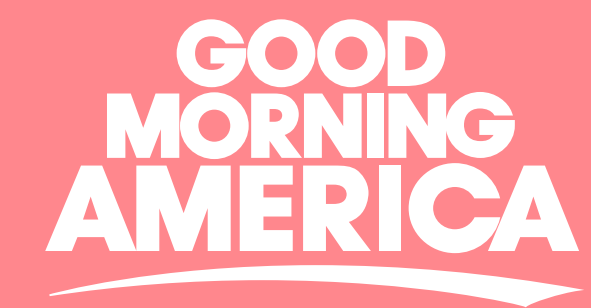
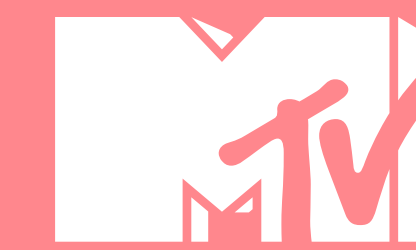
**'WE FOUND
HER INTENSITY
INFECTIOUS.'**

fitness The Fit Stop

ADDITIONAL PRESS AND TEAM-UPS

The New York Times

marie claire



THANK YOU.
BE YOU.
FOR INQUIRIES PLEASE CONTACT
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