

Love What You Got!

Shed body shame and learn to love (and care for) the skin you're in!



Is Body Hatred “Weighing Down” your Wellness Program?

Jeanette DePatie has helped thousands of folks learn to love their bodies and love exercise again.

So many workplace wellness programs are inadvertently (and unsuccessfully) built on shame. What if you could help your employees get the maximum benefit from a workplace wellness program they truly LOVE?

1

STOP WEIGHTING

Stop obsessing about body weight and learn to move and groove what you've got.

2

LOVE-CERCIZE

Find the fitness you love to become and stay an exerciser for life!

3

CARE FOR YOUR SELF

It's a well known fact we care for the things we love—this includes your magnificent body!



Rock your curves.

Love every fantastic inch of you just as you are!



Shed shame.

Stop obsessing about what you *don't* love about you!



Find your Fun!

Stop doing exercises you hate—find your happy place!

Wellness programs for EVERY BODY.

So many programs leave important staff members behind.

Professional trainer, social justice warrior and award-winning, room filling, body love speaker Jeanette DePatie brings a totally unique group of skills to your meeting or special event. As a certified fitness instructor, trained opera singer, nationally recognized public speaker and internationally known body image expert she offers self love and self care tips that include every body in your office—not just those already fit and healthy.

MOVING OUT: Jeanette shares practical tips for getting moving that are inexpensive, realistic and possible for a wide range of body types and ability levels.

LOVE-WHAT-U-GOT: Jeanette shares the importance of body love to overall health and well being, explains why shame never works as a long term solution and shows how all bodies can move up in the health continuum.



“Speaking after Jeanette made me feel invincible!”

UNICORN HUNTING: In this presentation, Jeanette shares why searching for body perfection is akin to unicorn hunting. There are no perfect bodies, just real ones with aches, pains, and real (or perceived) imperfections. DePatie talks truth about kissing fitness frogs, finding fitness fun, and moving your groove thing. She also talks about the dangers of forbidden foods and the diet merry-go-round all in a way that is fun and inspiring.

THE BODY TRI-FECTA

Jeanette DePatie has over 20 years experience living, loving and creating around body acceptance. She also has a masters degree in Opera Performance from an Ivy-league university. And she’s a certified group fitness instructor. Basically, she’s the first and ONLY rapping, singing and dancing body love expert entertainer on the planet. She has appeared on or in The Katie Couric Show, The Dr. Drew Show, NPR, CBS, Fox, Al Jazeera, Canadian Television Network, ABC, Fox News, Huffpo Live, The Consumer Electronics Show, NAB, CEATECH, Adtech, Infocomm, *The Wall St. Journal*, *The New York Times*, *Psychology Today*, and *Women’s Running*.

