

Linda Tanella

Health and Fitness Expert

Originally from Franklin Square, NY, Linda's dream to be a dancer evolved along the way into a career in health and fitness. Beginning with teaching group fitness and dance, Linda ultimately leveraged her passion for both teaching and fitness as motivation to obtain certification as a personal trainer with the American College of Sports Medicine (ACSM). To balance her training in fitness with her passion for a balanced healthy lifestyle, Linda also received her fitness nutrition certification from International Sports Sciences Association (ISSA).

Working one-on-one with clients as a personal trainer, Linda helps clients set and achieve goals. In 2011, she set a goal of her own and added competitive bodybuilding to her resume. After intensive training and preparation, she competed in the OCB (Organization of Competitive Bodybuilders) Natural Indiana competition and placed 2nd in both Novice Figure and Open Short Figure categories!

Linda takes her motivational and inspirational style outside of the gym to show individuals and organizations how to create and sustain a healthy lifestyle. Whether through her individual or group coaching programs or as a participant at one of Linda's presentations, it's no doubt that she has the keys to help those around her succeed. She believes that in order to be successful in your program, you need to be committed and in order to be committed you have to have three critical elements: a focused plan, a coach to help you stay on track, and fun!



FOR BOOKING OR MEDIA INQUIRIES

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(speaker reel available upon request)

CONNECT WITH LINDA

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LINDA'S PRESENTATIONS

Healthy Living Made Simple In this interactive presentation, Linda treats audiences to the right information and tools they can use to create and sustain long-term healthy lifestyles. Participants will learn:

- Linda's 5 Key Pillars for Success
- How to create a foundation for long-term sustainable results
- How to create SMART goals for healthy living

Productivity in the Workplace through Wellness Productivity is more than just time management. Employee wellness plays a huge part in overall productivity. In this presentation, Linda will share:

- How wellness affects productivity in the workplace
- How to live a healthy lifestyle as a busy professional (it can be done!)
- It's not about the scale. Discuss all areas of health including how to achieve balance in your life

Back to Basics: Just Start! For those stuck in how to achieve those grand goals, Linda recommends just getting started. In this back to basics presentation, Linda teaches us:

- How you can get started on your health and fitness journey right away
- The nutrition and fitness basics for everyday life
- The answers to those nagging fitness questions including what type, how long and how often and then help you create a simple plan that will fit YOUR lifestyle.



TESTIMONIALS

Linda Tanella spoke at our Tri Kappa February meeting about health, nutrition and making and keeping achievable goals. The response from our members overwhelmingly positive. Some of the comments were "That was just what I needed to hear", "It was so nice to have a positive and uplifting speaker", "Great speaker, she did a wonderful job!" and "She is so cute you just want to pick her up and squeeze her!" I also got an email from our corresponding secretary thanking me for getting such a good motivational speaker ~ Debbie Moore

We had the pleasure of bringing Linda Tanella to Duke Realty to offer several lunch and learns. At each presentation, Linda established immediate rapport with our associates. She was consistently engaging, entertaining and most of all left our associates feeling empowered to create healthy change. Feedback we received on Linda's sessions has been overwhelmingly positive. ~ Rani B. Health Plan and Wellness Manager

I have been working out with Linda for just over a year now and I am so pleased with the results so far! As a personal trainer, she is positive, supportive, motivating, and inspiring. The goals we set together have been realistic and attainable. Linda's approach to fitness and good health is multidisciplinary and effective. She is very knowledgeable about overall wellness, including weight management, proper nutrition, and healthy lifestyle choices. As a busy mother of three young children, my fitness goals often land on the back burner. Since I have been training with Linda, they have become a priority. For the first time in my life, I enjoy working out and I look forward to my sessions with Linda every week! ~Aruna R.