



Empowering and Motivating You to Succeed!

LeAura Alderson's Profile

Travels from: Winston Salem, NC, US



LeAura Alderson, Owner and Founder, My Trainer Fitness Publishing & LLC, and mother of two internationally adopted, home-schooled children and partner with my husband, Coleman Alderson, in domestic and international real estate investing and businesses.

Inspired by the successful resolution of chronic back pain and bone loss through exercise and resistance training, she recruited one of the best personal trainers, Jill Coleman, to assist in creating the first My Trainer Fitness line of workout books and exercise guides of fitness products that empower others toward their own fitness success.

As an entrepreneur, author, public speaker, product developer, Certified Fitness Instructor, Strategic Interventionist, and Passion Test facilitator, she is most passionate about helping others achieve whole life fitness through healthy tools for mind and body, with a focus on how fitness principles are as applicable and relevant to our physical selves as to our emotional, mental, and spiritual selves.

For corporations, employees are renewed and inspired when introduced to whole life fitness. She is healthier today at 50+ than at 24, and believes that disease in old age is a myth...it need not be a given. Your employee workforce has incredible untapped energy that will benefit them and your company. Healthier, fitter employees are happier people and happier people are happier, better workers. Let's create more energy and dynamism in your company, and save on absenteeism, presenteeism, and insurance rates in the process!

Excellent additions to any corporate wellness benefits and incentives programs, the My Trainer Fitness line of products place the power of fitness in your hands® with portable do-it-yourself "personal trainer" workout books and packs. My Trainer Fitness workouts have been featured in media such as Family Circle, Better Homes and Gardens, and Shape Online.

Specialties: Corporations; Fitness, Women Empowerment, Family

Employee Fitness = Fiscal Fitness in Corporate America -

Deep in the wonderment of the technological age, the demand for mental power and output has increased while the use of our bodies in active work decreases to nil. However, it's become increasingly clear that a neglected body drains the brain and leads to lethargy, clouded logic, decreased motivation and more illness.

Corporations today are finding that improving the employees "bottom line" actually also improves the corporate bottom line, but also that the rewards of an energized work force go beyond reduced absenteeism and lowered healthcare costs.

The emotional and mental health of a corporation or organization is just as vital. Today's challenges require constant learners and innovators, emotional flexibility, mental agility and focused periods of contraction and expansion.

Invite LeAura into your corporate program for tips and strategies to energize, rejuvenate and motivate your employees, management and workplace, on all levels.

Please Call for Fees

Testimonial:

"I loved everything you had to say and I'm excited to have something to look at to complete my workouts.

Thanks for doing this and keep up the motivation and good work!"

- Teyre Wido, Waukegan, IL

For Further Information or to Book
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