

Shanna

FERRIGNO

CEO OF FERRIGNO FIT AND
AUTHOR OF "THE RESET PLAN"

Shanna has been a health and fitness educator for the past decade, and has helped balance thousands of people's lives as a behavioral and lifestyle coach. Traveling throughout the world, Shanna motivates her audiences everywhere she goes to take on the challenge of healthy living. Daughter of the famed bodybuilder and actor, Lou Ferrigno, they created a very successful company known as Ferrigno FIT. A lifestyle brand that celebrates positive, healthy living with behavioral science, education, and entertainment to build personalized transformation programs aimed at helping individuals achieve their fitness goals.

From the journey of being an overweight kid to becoming a fitness and lifestyle coach, Shanna accumulated a lot of stories and experiences from clients to help them overcome their struggles with diet and exercise. After reflecting on these topics (as well as her own from childhood) Shanna was inspired and motivated to write her extremely popular book The Reset Plan: Lose the Secrets, Lose the Excuses, Lose the Weight.


You can also watch and download Shanna's podcast Raw Talk Not Food wherever you stream your podcasts!

WORK WITH ME

- Public Speaking
- Community Engagement
- Special Events
- Join My Online Programs

MEDIA



 Instagram
 @rawtalknotfood
 @the_reset_plan
 @shannaferrigno

 Facebook
 @ferrignofit
 @shannafitness

 Website
 www.ferrignofit.com
 www.shanna-ferrigno.com

87% New visits

1,244+ Average Page Views

60,000+ Average Daily Reach

179,040+ Social Media Followers

AUDIENCE



45% Female



63% In the US



55% Male



60% 30-44 yrs old

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