

# Valérie Orsoni

International Celebrity Coach offers the  
**Secrets of Healthy Living** for Effortless Fitness  
and Easy Weight Loss. CEO of **LeBootCamp.com\***

\*1 million members

**Biography**

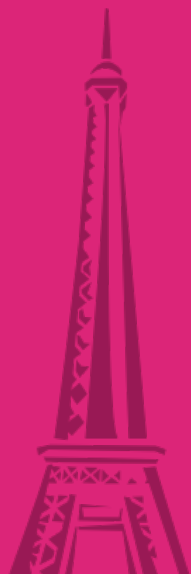


**Valérie Orsoni**, creator of the program, LeBootCamp® and one of the most recognized personalities in Europe for weight loss and fitness, is taking the world by storm with her innovative techniques that offer a refreshing alternative to money-wasting and unhealthy fad diets.

Without supplements, counting points or grueling diet restriction – Valérie and her award-winning LeBootCamp® online program reveal to members the secrets of simple fitness routines and healthy weight loss techniques that can be incorporated into any lifestyle for outstanding results.

- 1 million members worldwide
- No forbidden foods
- No gym required
- 15-minute effortless exercises

Coupled with dedicated one-on-one coaching and personalized motivation, Valérie's LeBootCamp® is adding the ease and sophistication of the French joie de vivre to the American lifestyle, offering members a new approach to healthy living without suffering.



Recognized in Europe as the face of Nintendo Wii Fit “My Body Coach” and Nestle FITNESS cereal, Valérie Orsoni’s role as an entrepreneur, wellbeing expert, celebrity coach and author is rooted in a less glamorous title she had to overcome – that of a survivor. In fact, it was Valérie’s successful battles against both a brain tumor and cancer that led her to become one of the world’s most inspirational coaches. She channeled the energy and knowledge discovered to overcome these conditions into a unique coaching method that can help anyone achieve their personal goals.



**LAUNCHING  
JUNE 2011  
IN THE USA**

My Body Coach  
Wii Game



Nestle Fitness Cereal



In 2003, she founded MyPrivateCoach™, a coaching service that uses a large array of tools and methods including behavioral science, management trends, work space ergonomics, Feng Shui, spirituality, philosophy, and weight loss. Today, Valérie oversees more than 90 coaches worldwide who use her hands-on, personal approach to help clients achieve and exceed their personal goals.



LeBootCamp Website



MyPrivateCoach Website

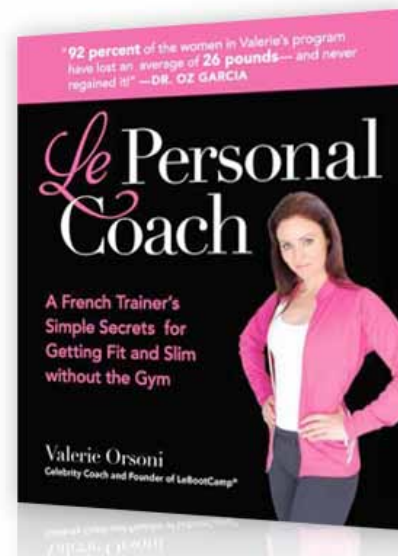
Realizing that many of her clients used MyPrivateCoach™ as a way to realize their weight loss and fitness goals, Valérie tweaked her successful business model to launch LeBootCamp®, an online service focused solely on weight loss and fitness coaching.



Anti-cholesterol & mom/baby coaching programs

A talented writer, Valérie has also authored books on coaching in business, and in health, fitness and weight loss. Notable works include 30-Day BootCamp: Your Ultimate Weight Loss Plan; a French gourmet recipe book; and her latest release, «Le Personal Coach - A French Trainer's Simple Secrets for Getting Fit & Slim without the Gym» published by Reader's Digest.

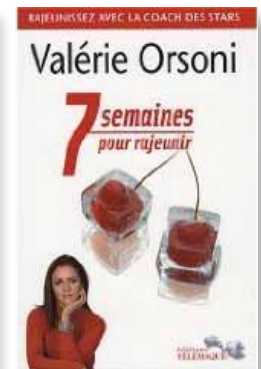
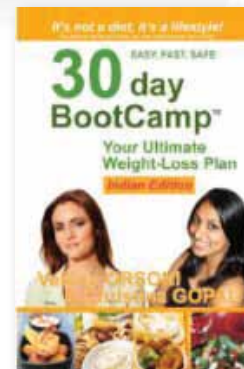
Valerie Orsoni has appeared on national and international TV including ABC's Good Morning America, NBC's Today in New York, and Fox 5, and has been featured in hundreds of top magazines such as SELF, Glamour, Food & Wine, and Parenting Magazine.



Secrets de Coach ■ (FR)



■ Le Personal Coach (US)



Some bestsellers of Valerie Orsoni



Media appearances

Valérie and her revolutionary programs are international award winners. Valérie was named an «Enterprising Woman of the Year» by Enterprising Women Magazine in 2007 and received the Euro-American Women's Council's Artemis Award in 2008. Additionally, in 2010, LeBootCamp® was named #8 among “America's Best Places to Work” in 2010 by Outside Magazine, in partnership with the Outdoor Industry Association and the Best Companies Group.

Between running her businesses, writing columns and testing regimens and recipes, Valérie continues to provide wellness and fitness coaching services to celebrities, whom she credits as the catalyst for the development of advanced techniques which have been proven to achieve outstanding results.



# CONTACT

## Valérie Orsoni

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**LeBootCamp**<sup>®</sup>  
THE FOOD LOVER'S DIET™

