

Getting Fit With Food

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Self-Published September 2010, Appleton, Wisconsin

128 pages; full color, perfect bound; \$19.99

ISBN: 978-0-615-37381-2

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Author Bio

The passion and drive that define Shana Conradt are apparent in everything she does. She has been a fitness instructor, weight loss consultant, teacher, educator and psychologist for more than 10 years.

Past experience includes:

- personal trainer for Kristin Steede, a contestant on season 7 of NBC's *The Biggest Loser*
- founding partner of Ellipse Fitness/Ellipse Management Company (www.ellipsefitness.com)



- co-founder Livewell Yoga
- prenatal coach/yoga instructor
- bodybuilding competitor

Shana, 32, lives with her husband, Graham, in Greenville, Wis., and is the mother of two boys.