

SPEAKER BIO

andrea
metcalf

expert | speaker | trainer

"Andrea will wow your audiences"

Deanna Palmer



Andrea is passionate about fitness, health and wellness and inspiring people to live their best lives.. With over 30 years experience in the healthy lifestyle industry, she has become recognized by national media outlets as a trusted expert and adviser. As a nationally requested speaker representing among many leading health

authorities, she is a best-selling author, "Naked Fitness" (Vanguard Press), fitness DVD choreographer and trainer, as well as a force in the business media world. A regular contributor for years on nationally syndicated Better TV and local NBC Chicago currently, as well as NBC Today Show. She has been recognized as a leader

in creating high quality, empowering, lifestyle content. Also seen on Oprah.com, Huffington Post, Womensforum.com and her expertise is requested by many media outlets including USA Today, Fitness, Shape, Prevention, Wall Street Journal.



Health, Fitness and Wellness



Marketing Branding



Empowerment & Motivation

Health, Fitness and Wellness

Andrea has been a sought after speaker in the health and wellness world including talks about health empowerment, changing lifestyles, healthy living through the decades and corporate wellness initiatives. With her expertise spanning more than 30 years in the health world, she is constantly updating her talks with new research and information.



FITNESS COACH

- Health Thru the Years: Best Health Practices for Every Age
- Turning Up Your Employee's Energy
- Lowering the Healthcare Costs while Powering Up Your Moral
- A Better You In Five Simple Steps

Marketing Branding

From building a brand to extending distribution, Andrea has helped to inspire her audiences to make more money and get free press. With her experience in building her own business, producing television shows and even producing 12 tv pilots in one weekend, she shares the experiences to help others avoid mistakes and hit the mark. She shares her strengths in both traditional and social media as a way to build businesses.



BUSINESS COACH

- Amplifying Your Brand
- Make More Money
- Free Press and Getting Your Bottomline Lifted
- Are Your Social? Moving Into the Online Media World
- Making More Money Now

Empowerment

Andrea believes that dreams can come true. Her first TODAY Show appearance and how it came to be is an inspirational story that pairs with the climbing of Mt. Kilimanjaro. She stuns audiences with her journey and brings them to tears and then to their feet with helping them understand that anything is possible.



MOTIVATOR

- Its About the Climb: Mt. Kilimanjaro
- Your Dream Life - Stop Living the Nightmare
- Strip Away the Excuses and Feel Good in Your Own Skin