

BOOK CORI ANN  
FOR YOUR NEXT  
LIVE OR  
VIRTUAL EVENT!

EMPOWERING EVERY WOMAN TO  
LEAD AN INCREDIBLE LIFE

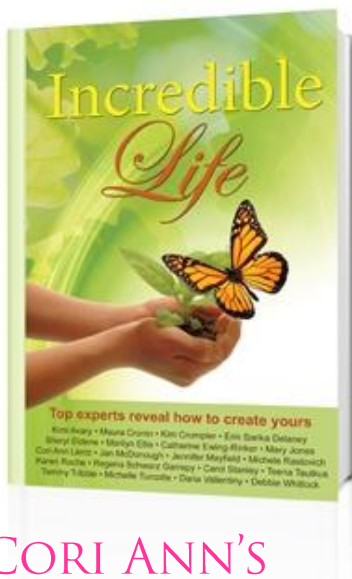
President, CEO & Founder  
San Ramon Valley Fitness, Inc.,  
a dynamic and unique fitness  
studio embodying the philosophy  
of inspiring women to get fit, love  
their bodies, and feel fabulous,  
and a master instructor for the  
American Council of Exercise,  
National Academy of Sports  
Medicine, and the Aerobics and  
Fitness Association of America

#### Author of Incredible Life

As a top expert in her field, Cori Ann provides insightful guidance to transform and uplift your life. Cori Ann's core competency and passion is working with groups to improve overall physical fitness and self esteem. This desire to inspire people led Cori Ann to write the book, Incredible Life.

#### Speaker & Representative

Served as a committee member for the Acalanes School District Comprehensive Health Program in addition to being a Health instructor for the town of Danville and the San Ramon Valley Unified School District. She has also been a presenter and speaker on motivation, nutrition & exercise for The Bright Side of Life, Soroptomist International, the National Charity League, and several schools in Northern CA.



## CORI ANN'S PROGRAMS:

### MOTIVATE, INVIGORATE, RE-CREATE!

- Discover what your body and mind need to thrive.
- Learn 7 ways to use exercise to allow your creativity to surge, inspiring you to feel energized, invigorated, enlightened, and allowing you to come up with innovative solutions to problems.
- Take away strategies to immediately incorporate physical fitness into your life with the intent to encourage dynamic and creative thought, facilitating a breakthrough moment that is truly life transforming.

### BUSINESS FITNESS

- Discover how exercising significantly improves the higher mental processes of memory and the executive functions of the brain.
- Master 5 strategies that incorporate fitness to improve organization and the ability to mentally juggle different intellectual tasks at the same time.
- Take away proven methods to become a respected, successful leader in your field by leading by example, positively motivating and inspiring others.

## CORI ANN LENTZ

FITNESS AND LIFESTYLE EXPERT  
NASM, ACE & AFAA CPT, MASTER PRESENTER



Cori Ann Lentz is an inspiring, high energy, motivating, and entertaining speaker whose exhilarating, straight-forward, and provocative style make her a favorite with women in North America. Her programs accelerate results by teaching you to use movement to develop a sharp mind, attract success, achieve powerful personal development and discover a focused, purposeful life. Cori Ann is a fitness and lifestyle expert and master presenter, possessing nationally accredited certifications from the National Academy of Sports Medicine (NASM), the American Council on Exercise (ACE), and the Aerobics and Fitness Association of America (AFAA). She is president, founder & CEO of San Ramon Valley Fitness, Inc. and the creator of several trademarked fitness programs incorporating the philosophy that learning to properly incorporate exercise into your daily life provides the body with a relationship to the mind, allowing for a lifetime of health, fitness, and success.

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