



DANETTE MAY

America's Leading Health Expert
Mindful Health, LLC



Introduction

Danette May is America's Leading Health Expert, and the founder of Mindful Health, LLC and The Rise movement. She's a world renowned motivational speaker, #1 best-selling author of seven health and women's empowerment books, former celebrity fitness trainer, wife, and mother. She's shared her unique, inspiring message on national TV, including Access Hollywood, Hallmark Home and Family, CBS, and many others.

Her rise began after losing her son during childbirth, getting divorced, and finding herself with \$47 to her name. All one after the other. It was then that she decided to stop being a victim and rewrite her story. She began to focus on the three pillars of healing: healing foods, healing movement, and a healing mindset.

These three pillars form the foundation of every product or program she's created since then. With this simple philosophy, she transformed her life from having \$47 to her name and operating as a single mother, to owning a \$20 million dollar business helping women around the world. She now has a global following, including a 1.5 million active email list, 1.5 million followers on Facebook (www.facebook.com/thedanettemay.com), and over 100 million views on her Facebook lives. Through her programs, she's helped millions of people step into radical self-love with a healthier body and mind.

Over 500,000 copies of her free DVD, *Flat Belly Fast*, have helped women gain hope and learn how to follow a simpler, healthy lifestyle plan to lose excess weight around their bellies, and step into awe-inspiring confidence! Hundreds of thousands of women have participated in her 30 Day NEW YOU Challenge and transformed their bodies and minds in just 30 days. Over 2 million women follow her daily messages on social media.

Her impactful mission is simple, yet profound! She has a unique ability for taking your audience/team/company to the next level by sharing unique strategies to construct the life of their dreams, to stand fully in their power and to live out their individual genius. She will walk them through authentic practices that work with the busy lifestyles we all encounter.

Social Media Footprint

- Facebook – www.facebook.com/thedanettemay 1.5 MM Followers
- YouTube – www.youtube.com/danettemay >5,000 MM Views
- Instagram – www.instagram.com/thedanettemay 59K Followers
- Website - www.danettemay.com

Contact

Please contact Craig Collins to book Danette May: craig@danettemay.com