



America's Leading Health Expert

Mindful Health, LLC



Introduction

Danette May is America's leading healthy lifestyle expert, #1 best-selling author of *The Rise* and 7 health and fitness books and programs, co-founder and CCO of Mindful Health, LLC (#48 on the Inc. 5000 List), dedicated founder of The Rise movement, world-renowned motivational speaker, wife, and mother.

In addition to being named #16 on *Women's Fitness*' list of fitness & health leaders for 2018, Danette has recently been featured in the culture-shifting documentary, *WeRiseUP*, alongside His Holiness The Dalai

Lama, Alanis Morissette, Lance Bass, Amina Mohammed, Marie Forleo, Richard Branson, Barbara Marx Hubbard, Julia Ormond, and many other high-impact, accomplished leaders.

Her impactful mission is simple, yet profound! Known for her ability to captivate her audiences with both her high energy and by emotionally connecting on a deep level, Danette is changing hearts around the world. She inspires women to dig deep into their souls to find out who they really are, construct the life of their dreams, and to stand fully in their power.

Her rise began after losing her son during childbirth, getting divorced, and finding herself with \$47 to her name. 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 and now owns an 8-figure business helping women around the world with her transformational brands like Fit Rise, a fitness and healthy lifestyle brand. And because she feels so passionate about healing foods, Danette created iRise Organics, the brand behind the best-selling superfood blend, Cacao Bliss, which is formulated from some of the world's most nutritious superfoods, using sustainable farming and eco-friendly packaging.

Danette coaches women on how to set and accomplish goals, how to move your body and shift your mindset, and how to prepare and eat healthy food. Through her popular programs, she has empowered millions of people to rise into radical self-love with a healthier body and mind.

Social Media Footprint

Facebook	https://www.facebook.com/TheDanetteMay	1.5MM Followers
Instagram	https://www.instagram.com/thedanettemay	80K+ Followers
YouTube	https://www.youtube.com/user/danettemay	5MM Views
Website	https://www.danettemay.com	

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