Hi, I’m Danette May. I’m so happy that you were called to visit my site!

Over the last 13 years as a certified fitness professional, Pilates instructor and nutritionist, I’ve changed the lives of 100’s of thousands of people by transforming their bodies and helping them achieve their weight loss goals. And it’s with this experience and a degree in pre-med and nutrition, I founded Mindful Health, LLC, a platform that provides millions of people around the world with the tools, knowledge, and inspiration to look and feel their best while living more healthy and zestful lives.

I’m the author of several best selling books, *7 Day Jumpstart, Bikini Body Detox,* and *Bikini Body Recipes,* a recipe book with 5 ingredient meals that take 10 minutes or less to prepare, for busy women and men who want to save time in the grocery store, save time in the kitchen, and have more meaningful time with families and loved ones.

I also recently launched an online coaching and membership program Forever Fit Club for individuals who want a more personalized support system to achieve their weight loss goals. The coaching includes a loving community of support, new exercise videos each week, new weekly meal plans and mentor support.

I’ve been a fitness model for *US* Magazine and *Women’s Health* Magazine, and a frequent guest on National TV, Access Hollywood, Hallmark Home and Family and CBS LA. Additionally, I’ve starred in some of the top-selling fitness videos including “Flat Abs Fast,” “Bootcamp Bikini Body,” and “Get Me In My Skinny Jeans.” I have worked with some of the top fitness professionals in the industry including Jillian Michaels and George St. Pierre.

While I’m super grateful and proud of my above accomplishments, they really just scratch the surface of who I really am. And I would love for you to get to know a little more about me (and my heart). I want you to learn where I come from, why I do what I do, and why I am so, so passionate about helping women across the globe step into a life (and body) they love.

First off, I want to clue you into something that took me awhile to figure out. You, right now, as you are… You are enough. Let me say it one more time. YOU ARE ENOUGH. I know you can think of a million reasons why you’re not, or maybe you find yourself saying, “If only I had x-y-z then I would be,” but the truth is, you don’t have to have x-y-z and you don’t need to be perfect. You just need to be YOU. I know this because I was a far cry from perfect when I began my journey.

Like everyone else, I had the normal stresses of life – family, work, time management, fitness etc. And then everything compounded after the life-changing loss of my baby boy at birth. As difficult as that was, I also went through a divorce, struggled with finances (at one point only having $47 to my name) and had to be a single mom to my two beautiful daughters. In short, the physical and emotional pains were overwhelming. I was in such a dark place and felt like I would never find happiness again. But I knew I had to.

If I was to be a present mom for my girls and find happiness again, I had to figure something out. But how was I going to take care of my girls, make money AND take care of myself – physically, mentally and spiritually? There just wasn’t enough time to do it all. Something (likely my own health) would have to take the backseat, right? So I got to thinking…

With a background in fitness, nutrition and Pilates, I was determined to create faster, more effective ways to create a body I loved. And it turned out that being healthy wasn’t just about my body – it was about my spirit, too. And wouldn’t you know, I began to feel happier and more whole again. So much so that people started asking me how I did it. So I started to share it with others.

My programs focus on the Three Pillars of Healing – healing foods, healing movement and a healing mindset. Each component of this powerhouse trifecta is 100% essential in creating a LIFE you love – not just a body.

I know it’s easy to feel overwhelmed at the very mention of the above, but all information is given to you in bite-sized, time-efficient pieces for the busy lifestyle we all lead.

I’ve hacked off hours of time making it possible to prepare nourishing meals (that taste good) with 5 ingredients or less in as little as 5-10 minutes. I’ve created effective, body-changing workouts using multiple muscle groups that can be done in 10-15 minutes. I’ve also created 3-minute meditations to help rewire your self-sabotaging subconscious thoughts. And the awesome part about all of this is that as your confidence increases with each practice, so will your energy levels. And that will trickle into ALL areas of your life – and those around you.

At the end of the day, it is my passion and hope that every woman around the world is able to step into their purpose and realize true self love. I want you to shed the layers that no longer serve you and stand as bright as you’re meant to be. Ignite your spirit, reap the juices of this juicy life and get into a present and awake mode for your family and loved ones.

And most importantly, I want YOU to step into a LIFE you LOVE!