Danette May is a motivational speaker, #1 best-selling author of seven health and women empowerment books, celebrity trainer, and mother. Danette is the founder of Mindful Health, LLC, a platform that reaches hundreds of thousands of women around the world. Danette stars in some of the top-selling fitness DVDs sold worldwide, is a top magazine model, and a frequent guest on national TV, Access Hollywood, Hallmark Home and Family, CBS, among others.

Danette has a deep passion for peeling back the layers of women’s light and empowerment through healing foods, healing movement and a healing mindset. She loves transforming hundreds of thousands of women around the world by helping them gain the knowledge and inspiration to love the bodies they LIVE in and love the LIFE they live!