



# DANETTE MAY

America's Leading Healthy Lifestyle Expert



## About Danette

Danette May is America's leading healthy lifestyle expert, #1 best-selling author of *The Rise & Embrace Abundance* 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, Danette has recently been featured in the culture-shifting documentary, *WeRiseUP*, alongside His Holiness The Dalai Lama, Alanis Morissette, Lance Bass, Amina Mohammed, Richard Branson, and many other high-impact 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 humanity 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 several 8-figure businesses helping individuals around the world with her transformational brands like Fit Rise, a fitness and healthy lifestyle brand.

Because she feels so passionate about healing foods, Danette created Earth Echo Foods, the brand behind the best-selling superfood blend, Cacao Bliss & Island Bliss, which is formulated from some of the world's most nutritious superfoods, using sustainable farming and eco-friendly packaging.

Danette leads healing retreats, festivals and coaches individuals on how to accomplish goals, remove subconscious blocks, unlayer hidden trauma, & use unseen energies to create magnetic dreams. Through her popular programs, she has empowered millions of people to rise into radical self-love with a healthier body, mind & spirit.

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