BRAND OVERVIEW

Nadine is a leading business woman and influencer in the worldwide fitness market. Her online fitness and nutritional coaching span the globe with a footprint in 4 countries including Asia, Australia, Cayman Islands and North America. Her experience and businesses focus on flexible eating and nutritional guides coupled with achieving individualized fitness objectives. Nadine has seen outstanding results through her online programs with over 10,000lbs in weight loss transformations.

As a global figure in health and wellness Nadine has been photographed and published in some of the most noteworthy editorials in fitness including Oxygen, Women’s Health and Fitness and Inside Fitness Magazine. She is a contributing writer for entrepreneurial platforms such as Influencive and Thrive Global and has been featured by the Huffington Post, INC., and Thrive Global.

Nadine holds a business degree and is currently attending the Institute for the Psychology of Eating in which she will graduate spring 2017 as a Certified Eating Psychology Coach. Currently Nadine is expanding her reach locally in the Caribbean where she has launched her most recent venture, Luxe+Well which are luxury wellness retreats bringing local exposure and international tourism to the Cayman Islands.

PROFILE

10 YEARS
in the fitness industry
as a transformation &
life coach as well as
top industry influencer
representing large brands
such as KitchenAid.

SOCIAL

OVER 30k
ONLINE FOLLOWERS

a truly engaged and
authentic social following
that connects fitness and
healthy living lifestyle
to fans and clients
everywhere.

PRINT

FEATURED ON OVER
10 INTERNATIONAL
MAGAZINE COVERS,
AND NUMEROUS
INTERNATIONAL
FEATURES

Exposure to an audience
all over the world.

AS SEEN IN

REPRESENTED HER
BRAND GLOBALLY
THROUGH TV MEDIA,
PRESTIGIOUS EVENTS
AND SOME OF THE TOP
ENTREPRENEURIAL
PLATFORMS.

Exclusive
events targeting
Industry insiders.
MAGAZINE CONTENT

Featured on many international covers, exclusive interviews and profiles - featuring beautiful original photography.
INTERNATIONAL EXPOSURE

TRANSFORMATION CHALLENGE
A partnership of some of the top worldwide companies and Nadine’s 12 week one-on-one coaching combined to educate, inspire and transform a select group of individuals looking to make a lasting lifestyle change. Participants challenge themselves to see if they have What It Takes to achieve the ultimate transformation through the sponsors and coaching program, winning them a grand prize of a trip to the Cayman Islands.

8 YEARS, 15 CHALLENGES AND AN AVERAGE OF OVER 300LBS LOST PER CHALLENGE!

CLIENT SPOTLIGHTS
Dannielle and Lindsay lost a combined 182.5 pounds, and their transformations were featured in Inside Fitness Women’s Magazine.

DANNIELLE
LOST
105
POUNDS!

LINDSAY
LOST
77.5
POUNDS!

COACHES
Nadine has recently expanded her coaching across the globe, with Australian and Singapore coaches, Sarah Angliss & Katherine Hansen! They each will provide coaching in their region with and under Nadine’s guidance and be the day-to-day contact for all correspondence on the individual programs developed online.

SARAH ANGLISS

KATHERINE HANSEN

eBOOK
To accommodate her online programs, Nadine has created an eRecipe book that helps clients live not only a healthy lifestyle but enjoy what they are eating, with recipes that the whole family will love.
LOCAL EXPOSURE

LUXE + WELL
Luxe + Well has been developed by real women for real women. It is a one of a kind health and wellness retreat focused on bringing out the very best in my guests. Set in the 5* luxury of the Cayman Islands, this all female retreat is the safe haven to building confidence and fitness.

RESTAURANT TAKEOVER
On an island where we work hard and play hard, the restaurant takeover was designed to show women how they can maintain their health and fitness goals and a busy social calendar at the same time. Educating women how to not live in fear of food or have to endure the anxieties when out socializing, they are taught to find balance in life so they don’t feel they have to go to extremes to get the results they are looking to achieve.