

## “Staying fit shouldn’t be intimidating or expensive.”

That is Leslie Sansone’s philosophy, and the foundation for her wildly successful Walk at Home fitness program. It is the fastest growing indoor exercise program in the country! For the past 27 years, Leslie has been showing people that our bodies are made to move. With her boundless energy and enthusiasm, Leslie teaches people of all ages and sizes how to get fit, stay fit, and feel better about life, simply by walking. She is one of the few fitness authorities who takes the intimidation out of getting in shape.

### **A respected expert - at home, on TV and in national health programs.**

Leslie is the creator of the original Walk at Home program. What started as a few classes in church halls has grown into the number one walking program in the world, grossing over \$200 million. Her walking DVDs can be found internationally in retail stores such as Wal Mart, Sam’s Club, Costco, Target, K Mart, and Best Buy. Leslie produced more than 100 popular DVDs, several successful infomercials in the U.S. and Great Britain, and has written four fitness books. Leslie has been called on by the President’s Council on Physical Fitness, the PA Governor’s Council, Weight Watchers, Jenny Craig, and TOPS. She has created walking workouts specifically for NutriSystem which are included and recommended as the activity component to their highly successful meal plan program. Leslie has been featured in popular magazines and publications such as the New York Times, People Magazine, Prevention, Walking Fit, Health, Guideposts, and is a contributing editor of Women’s Day.

Leslie’s charisma and anyone-can-do-it-approach make her a natural fit for television audiences. She has been featured on NBC - The Today Show, CNN – Larry King Live, CNBC - The Big Idea with Donny Deutsch, and CBN - The 700 Club. In addition, Leslie’s Walk At Home videos have been selling out on QVC since 1987. Most recently, on January 1, 2008, 93,000 units of the Walk Slim product sold out in 24 hours.

Over the years, Leslie has branched out to help more and more people. Her Walking Down Your Blood Sugar DVD is being used by the National Institutes of Health to examine weight loss and exercise in Type 2 diabetics. Leslie has been called on by iVillage as the fitness walking expert featured in a monthly newsletter. She directs the Pittsburgh area for the national America on the Move campaign.

Leslie’s fitness products have been used in specialty marketing campaigns for pharmaceutical

companies. She contributes her time, expertise and financial support to health organizations including the American Heart Association, American Cancer Society, American Diabetic Association, and MDA. Leslie has served on the Leadership Council for IDEA and holds eight certifications including the prestigious American College of Sports Medicine and Cooper Institute: Group Exercise Leader. Leslie was chosen to be one of three keynote speakers for the American College of Sports Medicine national fitness and health summit in 2008.



Leslie maintains that her most important job is that of “mom” to Andy, Marie Ellena, and Joseph. She lives in New Castle, Pennsylvania where she was born and raised.

# Leslie Sansone