



/GROUPS/JUSTMOVEFITNESS



@JUSTMOVEFITNESSSF

DEANNA

JUST MOVE FITNESS

HELLO THERE!

I'm Deanna Brolly & I can't wait to connect with you! I am an established Elite SF Bay Area Personal Trainer & Founder of Just Move Fitness. Yes, my resume is impressive - but let me tell you - my personality is fire! I am a lovin'-life woman who helps women over 35 maintain their current fitness goals or improve them in and out of the gym.

I do hold over 12 certifications in the fitness, yoga, nutrition and bodywork industries and have been coaching clients for over 15 years - but more importantly - I love helping women feel less guilty about selfcare rituals. I guide my clients into finding time for themselves through my 10 min total body workouts. That's right - just 10 min! My motto is: "just move" a little everyday!



TALKING POINTS:

- ✓ **1% PROGRESSION HABIT:** SMALL CHANGES YOU MAKE TODAY WILL HELP YOU CREATE LIFELONG HABITS YOU CAN ACTUALLY SUSTAIN!
- ✓ **WHY I CREATED MY SIGNATURE E3 METHOD WORKOUTS -** A VARIETY OF TOTAL BODY **10 MINUTE WORKOUTS** THAT ARE EFFICIENT, ENERGIZING & EMPOWERING
- ✓ **MY MOST GENUINE & EXPERT ANSWERS** ON ANYTHING HEALTH + FITNESS. MAY INCLUDE A BIT OF SARCASM & CONTROVERSY, BUT HEY - IT WILL BE ENTERTAINING!
- ✓ **HEALTHIER VIEWS** ON EATING HABITS, DIET FADS, WORKOUTS + HOW TO COPE WITH ALL OF THE **MENTAL BATTLES** WOMEN STRUGGLE WITH WHEN IT COMES TO **BODY IMAGE**



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AS SEEN IN:

CBS HEALTH NEWS

TENNIS LIFE MAGAZINE

BEST OF THE BAY:
FITNESS PRO '15

YOGA SHORTFILM :
LIPSHTICK PRODUCTIONS

WHAT PEOPLE ARE SAYING:

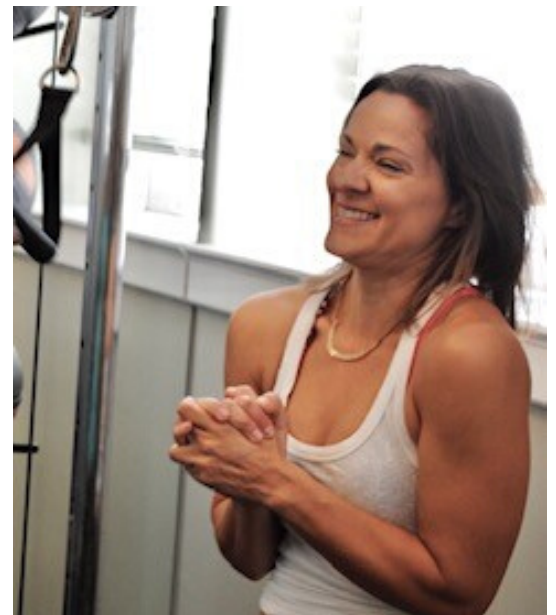
“

Deanna is hands-down the most fun,
motivating, real, and knowledgeable trainer
I've ever encountered...

Put simply - she is hilarious and fun to be
around, and more importantly, the girl
knows her shit! - Kassin

Deanna has great passion, enthusiasm
and knowledge for her craft, which
comes across right away! - David

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THE NUMBERS:

5K+

SOCIAL MEDIA
FOLLOWERS

200+

MONTHLY BLOG
VIEWERS

350

EMAIL
SUBSCRIBERS

25%

AVG EMAIL
OPEN RATE