
CHRISTINE LUSITA

Celebrity Fitness and Health Trend Expert



EPK

BIO



Christine Lusita is a Lifestyle Expert in all areas of health, fitness, beauty and well being. She is a regular contributor in the national media and has been featured on the Today show, Inside Edition, EXTRA TV, Steve Harvey, among many others. Her balanced view for healthy living, a diverse educational background, and her ultra practical approach make her the ideal on-air expert to deliver key messaging points.

Christine's mission is to help others lead healthier and happier lives. To fulfill this purpose, she has worked closely with some of the most respected doctors in the country in order to provide meaningful and current information. This makes her the unparalleled expert in health, fitness and total well being. From the latest trends in health, fitness, nutrition, and beauty, down to the tender topics of body image, stress reduction and meditation, Christine is able to break down valuable information in a very approachable way.

She has represented over 100 major brands on air, delivering key messaging points for branded integrations. Her creative contributions include:

- National on-air spokesperson: connecting your brand to the current conversations and health trends in the media
- Satellite media tour and health awareness tour
- Social networking, editorial content and viral benefits campaign
- Host live speaking events worldwide
- Media coverage hits for both national, local television and radio
- Podcasts
- App creation
- Online and print publication interviews
- Build online programs for consumers and trainers
- Expand brand identification to include their support of all aspects of healthy living
- Product development
- Program development
- Workout videos/demo

PRESS

Watch Christine's [sizzle reel](#) to see her in action on numerous national and local TV shows!

TV and PRINT

Visit [Christine's Website](#) to watch her on-air and editorial contributions.



BRANDS AND ACCREDITATIONS



Christine has represented the following high profile fitness and lifestyle brands on air:



- | | |
|----------------|---------------------|
| Planet Fitness | Adidas |
| Nike | SPRI |
| Reebok | Polar |
| POM | Garmin |
| Bosu | Power Systems |
| Under Armour | Balanced Body |
| Life Fitness | Lumo Lift |
| Motorola | Brooks running shoe |
| New balance | Dr. Scholls |
| Beyond Yoga | UGI |
| Aloha | Pilatesstick |
| | Helix |



Accreditations and educational background:

- Certified Fitness Trainer
- Certified Nutritional Counselor
- Behavior Change Specialist
- Life Coach
- Mindful Meditation Instructor
- Lifestyle Contributor
- Weight loss Expert

CONTACT



WEBSITE

www.christinelusita.com

EMAIL

Christine@christinelusita.com

PHONE NUMBER

+1 (310) 245 - 6895

TWITTER

[@christinelusita](https://twitter.com/christinelusita)

INSTAGRAM

[@christinelusita](https://www.instagram.com/christinelusita)