

Fitness Events Media Package

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Fitness Events

Jackie has been in the industry for over 14 years and has taught at conventions throughout Europe, the USA and Australia. Jackie has developed a specialist reputation as a **LIVESTRONG®** Fitness Indoor Cycling master trainer alongside her strength/conditioning and danced-based sessions. With professional and personal experience regarding weight loss and obesity Jackie now writes for many magazines about her experience and offers guidance, personal training and support to many readers. You will also often see Jackie in front of the camera filming fitness downloads for her 4 Week Weight loss Challenge and 'Home Workout Series. **www.jackiediss.co.uk**

Website: www.jackiediss.co.uk