

FITNESS TREND-SETTER and TRAIL-BLAZER

- ▶ **Trainer for Celebrities**—Kim Basinger, James Brolin, Rick Dees, Tom Eplin, “OC’s Famous” residents >> and many more!
- ▶ **Devoted her entire life** to Jeri “SAYS” fitness concepts and *Fit Enlightenment*™ awareness used by clients, other trainers, health professionals, and readers worldwide
- ▶ **Seen in GLAMOUR Magazine** as “favorite trainer for fitness tips”
- ▶ **Ernst & Young Corporate Wellness Video:** Featured fitness expert for Partners and Executives
- ▶ **Fox LA’s 2009 Hotlist** BEST Personal Trainer List and Five-Star reviews
- ▶ **Owner and operator** of the “first” private fitness gym in Beverly Hills
- ▶ **Top Editor** for major fitness magazines; over 100 articles published worldwide
- ▶ **Originator of Fitboxing**™, a popular cross-training kickboxing program
- ▶ **Co-author of FLEXIBILITY**, with Frank Zane, in THE BEST OF WEIDER’S FLEX

AREAS OF EXPERTISE and ACCOMPLISHMENTS

2009 Fitness Intuitive™ Orange County

Jeri Lynn Sunok, founder of *Fitness Intuitive*™, launches her new personalized web store and awakens the world with her *Happy Mind, Happy Body* fitness concept.

2004 Certified Reiki Practitioner

Reiki training takes fit bodies by storm with Jeri’s hands-on healing energy techniques.

1999 Certified La Stone Therapist

Be “Original”! Jeri adds to her fitness repertoire with LaStone Therapy™ multifaceted massage-charka clearing (hot basalt/cold marble stones) founded by Mary Hannigan.

1989 Contributing Fitness Editor and Consultant

Keep the presses rolling: Beverly Hills Post, Orange County Register, LA Times, Health, South Bay Lifestyle, OC Metro, and Lifeline Magazine — Just to name a few!

1986 Editor-at-Large, Weider’s FLEX and MUSCLE & FITNESS magazines

Jeri shocked readers worldwide and grabbed the attention of editorial peers via her creative and honest investigative reporting. Her byline included newsworthy health-fitness events and celebrity profiles of the best bodies in the world. She soon became a Weider celebrity.

1981 Body by Design, Founder and Owner, Los Angeles

Jeri had the first private gym & independent fitness consulting business in the neighborhood. Jeri shared the same block, Robinson’s Street, in Beverly Hills with Jane Fonda’s gym.

1980 Gold’s Gym in Venice, home away from home

At the well-known Mecca of bodybuilding, Jeri always carved out time for her hardcore bodybuilding training and a bit of chaffing with the stars (from Jodi Foster to Jermaine Jackson).

1979 Tech Fitness Centers, Corporate Fitness Developer, Columbia and Universal Television

It’s a START! The first woman to hold the coveted position to oversee all centers and she became the developer of the corporate fitness programs for Columbia/Universal Television. Jeri went on to gain the respect and friendship of many big named directors, writers, casting agents and actors.



Media Professional

2009 Media

LOCATION 3 magazine

OC's top magazine. "Experts Agree: Best Plans combine Food and Fitness"

Fox LA's Hotlist 2009 (Orange County)

Nominated in BEST Personal Trainer List with Five-Star reviews

BEYOND THE BODY Featurette

Co-Film editor, Writer and Producer

GLAMOUR Magazine

"Tone up at work: 7 easy exercises you can do without leaving your cube"

SHE KNOWS.com

Top 10 most-visited website for women: "Top 30 diet tips for New Year's resolutions"

ERNST & YOUNG Corporate Wellness Program Video

Featured as fitness trainer/expert for the Pinnacle Program providing coaching curriculum to Partners and Executives

Earlier Media

Macy's Seminar with supermodel Emme

Fitness Expert Jeri and Emme present "Fashion that Fits"

MUSCLE & FITNESS Magazine

"L. A. Charity with Ms. Olympia Linda Murray and Singer Thelma Houston"

FLEX Magazine

"Armand Tanny, Joe Weider's Editor with friend Jeri Lynn Sunok"

FOX Television

"The Father of Bodybuilding: Joe Weider"

KFOX Radio Interview

"Fitness with Jeri"

Fitness Model for many publications such as:

SHAPE, Kenny Rogers Photography, Caper's Water Sports

LOS ANGELES TIMES Newspaper

"Pioneer Fitness Trainer to the Stars" and "Multiple Sclerosis"

ORANGE COUNTY REGISTER Newspaper

Venture Feature: "Getting Their Kicks"

OC METRO Magazine

"Bold Fitness Choice": Muay Thai Kickboxing / Fitboxingsm in OC

Dedicated Athlete

FITBOXINGsm Originator

Programs for NY Reebok/LA Spectrum Clubs and OC's Newport Coast Community Center

Kickboxing Competitor

Muay Thai training/sparring with World Champions: Jones, Arce, and Diez

Award-winning Bodybuilder

1982 Ms. Pacific Shores, 1980 Ms. Orange Coast

Boxing Training (at age 13) with Professional Boxers Milford Kemp; later with Steve Hurley

