



The Sisterhood of S.W.E.A.T.: Strong Women Empowering Achieving Together

Linda Mitchell

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About the Author Linda wants to live in a world where there is a Organic Coffee Shop, Victoria's Secret, and a gym on every corner. On a more serious note, she wants to live in a world where we, as women, instead of tearing each other down, learn to build each other up, and celebrate one another's differences, thus rising to our fullest potential. Linda Mitchell is the owner of ChickFit Studio in Mason, Ohio. She enjoys coaching clients, writing, and cooking up "healthy experiments," as her son Jake calls them. She has been married for twenty-one years to Tracy--a very sexy redhead--and has three grown children, Michael, Tiffany, and Jake. At age fifty, Linda became a graduate of the Institute of Integrative Nutrition and an award winning fitness competitor. Linda is an established writer. As a women's health and fitness expert, she collaborated on the fitness portion of the book *Fat Flush for Life* with mentor and New York Times bestselling author, Ann Louise Gittleman. *Fat Flush for Life* was listed in Time magazine as one of the top ten diet books of 2009. Linda has enjoyed writing her own column "Fit over Forty" for Ms. Fitness magazine for more than a decade. She has also written several magazine articles and cover stories on Suzanne Somers, Dara Torres, Kim Dolan Leto, Nicole Moneer Guerrero, Yoga Fit guru Beth Shaw, basketball superstar Nancy Lieberman, and numerous others. Linda has made various fitness video and TV appearances on Fox, Fox Sports, WKRC News, WCPO News, WXIX News, and The Deceptive Diet Plan video.. Linda has coordinated numerous group fitness programs at local health clubs and has conducted personal training for the last thirty years. She is the founder of ChickFit Studio which is specifically devoted to fulfilling the needs of women. After spending time with women from all walks of life, Linda has developed her own philosophies on what works and what doesn't. Linda has many years of experience dealing with women of all ages and fitness levels. One client described her as "the transformation queen" while another declared her to be an "absolute inspiration." She has used the valuable experience that she has learned through competing to help others achieve their ultimate goals and reach their peak performance. Linda believes that there are no limits to the results you can achieve through her hands-on approach and group fitness coaching style. Linda keeps in touch with the latest industry trends in fitness to keep her training and teaching fresh and current. She is certified in the following: AFAA Personal Training, AFAA Group Fitness Instructor, Yogafit Level 1-5 Instructor, Plyo-Glide, TRX Suspension Training, Kangaroo Cardio using Kangoo Jump Shoes, POSE method running, Roadrunners of America running, AFAA Step Aerobics, Spinning, Zumba, S.T.R.I.D.E., Hip Hop Hustle, Pi-Yo, Turbo Kick, AEA Water Aerobics, SCW Mat Pilates, Kickboxing, and boot camp. Linda is very passionate about ChickFit and has had amazing success through her coaching and classes. Her greatest joy is helping others to achieve their weight loss and fitness goals! When she's not teaching ChickFit boot camp, you may find Linda at a Fitness America Competition, a Reebok Spartan Race, Surfing, White Water Rafting, listening to Audible while running sprints, or cuddling up on the couch with her husband. This girl really likes to keep it moving. With over thirty years of experience in the fitness industry under her belt, Linda truly has women's bodies down to a science. Join Linda as she takes you on a fit adventure and transforms your perception of what is possible for you.

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