



Health & Wellness Coach LEISA HART

Leisa Hart knows what it takes to tackle life's challenges with finesse as she manages a thriving career while keeping family first. Star of the **Warner Brothers** multi-million-selling **Buns of Steel** workout series, Leisa inspires audiences with her quick witted, powerfully persuasive personality.

A seasoned health and wellness industry veteran, **Leisa** has received vast media exposure hosting several successful infomercials and appearing on numerous national television programs including the **Tonight Show with Jay Leno**, **NBC's Today Show**, **Extra**, and **Entertainment Tonight**. Hart has hosted **Texas Entertainment News**, **Good Morning Texas**, **ESPN's Fitness America Pageant**, and appears regularly on **Fox4 Good Day**. **Leisa** is a veteran **QVC**, **Home Shopping Network** and infomercial pitch person, generating well over one billion dollars in sales. As Host of the **DirectBuy** infomercial, Leisa was nominated for "Best Lead-Generating Infomercial" in 2007 by the prestigious **Jordan Whitney GreenSheet Awards**. She was also nominated as "**Best Female Presenter**" in 1998 and 2006.

After starring in 14 **Buns of Steel** videos, her company became turn-key producer for **Warner Brothers**, producing 4 new **Buns of Steel** DVD's, in which Leisa also starred. She has produced 20 additional fitness DVD's including the top-selling prenatal series **FitMama**, ranking #1 above all **Amazon** categories, such as fitness, gardening, how-to, and even movies.

Behind **Leisa's** buns-paved-success were hidden struggles, each mapping a silver lining of relating to her audience on deeper levels. A hip fracture, back surgery, rheumatoid arthritis, arrhythmia, sleep deprivation and related anxiety brought Leisa to low points that at times seemed insurmountable. "I felt like I was drowning but knew I would come up for air by visualizing where my family needed me to be," she recalls.

It was those moments that brought **Leisa** to the development of "**R4: Rise, Respect, Reflect, Renew**," an inspirational wellness approach designed to transform lives in mind, body, spirit and soul. Through **R4**, she reveals how her uplifting philosophy to health and wellness puts family first and has kept her looking and feeling amazingly fit even at age 49.

Watch Highlight

www.LeisaHart.com



- Guthy Renker: Fitness Flyer
- Warner Vision: Buns of Steel Buns Worker
- LifeGear: Saturne Elliptical Trainer
- Abflex USA
- Talk America: CarboTherm (TV & Radio)
- VitalBasics: Veromax (TV & Radio)
- VitalBasics: Focus Factor (TV & Radio)
- VitalBasics: Protein Power
- TriStar: Ab & Thigh Sculptor
- American Telecast: BallAero
- Amazing Goods: Core Sculptor Plus
- Imagination/Script To Screen: DirectBuy



Fitness DVD's - 44 Titles

- Abs of Steel 3
- Abs of Steel 4
- Buns of Steel 2
- Body of Steel 2
- Buns of Steel 4:
Rated #1 Consumer Reports
- Abs & Chest of Steel 2000
- Buns of Steel 10
- Thigh of Steel 2
- Arms & Abs of Steel 2
- Legs of Steel 2000
- Buns & Abs of Steel 2000
- Abs of Steel 2000 Plus Arms
- Buns & Thighs of Steel 2000
- Hips & Thighs of Steel 2000
- Buns of Steel DVD
- Abs of Steel DVD
- Legs of Steel DVD
- Arms of Steel DVD



- BallAero
- TNT: Tone-N-Ten Series
- MBC Yoga Level I & II
- On The Ball Abs
- FitMama Prenatal
#1 Seller on Amazon
- FitMama Postnatal
- FitMama & Me
- BoKwonDo Kickbox Series
- Fit To The Core Burn
- Fit To The Core Chisel
- My Personal Trainer
- Sexy Series
- Hard Core Abs
- Fat Burn Yoga
- Hart Core Pilates
- Hart Core Yoga
- Leisa Hart's Power Yoga

Television Appearances

- Entertainment Tonight (2 feature segments)
- Tonight Show with Jay Leno
- CBS This Morning
- NBC Today Show
- Crooke & Chase
- EXTRA
- CNN Headline News
- Good Day LA, Good Day Portland
- Good Day Atlanta
- QVC Shopping Channel
- Home Shopping Network
- Jenny Jones Show



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Television

- FOX 4 Good Day Dallas: Resident Fitness Expert
- ABC Good Morning Texas: Healthy Living Expert
- KTVT: Texas Entertainment News Host
- ESPN: Fitness America Pageant Host
- ESPN: Muscle Mania Host
- American Airlines: Corporate Training Video Host
- HSE: This Week in the Southwest Conference Host



Print

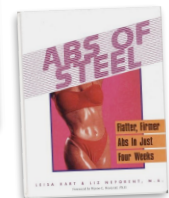
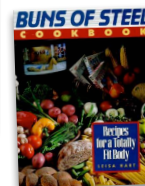
- Shape Magazine
- Self Magazine
- Fit Magazine
- Fitness Magazine
- New York Times
- Chicago Tribune
- DFW Lifestyle Magazine
- Texas Athlete
- Texas Business Monthly
- Diet & Exercise Magazine
- JUMP Magazine
- Marie Claire Magazine
- Women's Fitness & Body Building
- USA Today
- Elle Magazine
- Muscle Magazine HERS
- Wall Street Journal
- Ladies Home Journal
- Prevention Magazine
- Longevity Magazine
- Dallas Morning News
- Baltimore Sun
- American Health for Women
- Pregnancy Magazine
- Fit Pregnancy Magazine
- Baby Years Magazine
- ePregnancy Magazine



Contributing writer for:
Health & Fitness Magazine, Today's Dallas Woman Magazine

Books

- Buns of Steel: The Total Body Workout
- Buns of Steel: Recipes for a Totally Fit Body
- Abs of Steel: Flatter, Firmer Abs in Just Four Weeks



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