



OUTDOOR FITNESS

# Media Kit



# About Tina



Tina Vindum is the President and Founder of Outdoor Fitness, a breakthrough fitness regime rooted in the mind/body connection – and the greater connection to the natural world at large. From Maui to Manhattan’s Central Park, Tina Vindum’s Outdoor Fitness is revolutionizing the way thousands of people around the country are getting in shape by getting them out of the gym and back into nature.

*“The Original Outdoor Fitness Guru”*

*- Guardian of London*

Tina Vindum’s background as a competitive athlete in skiing, inline skating, and mountain biking (where she won a World Championship medal) laid the foundation for her current position as the foremost expert in the field of outdoor fitness. She is the author of, **OUTDOOR FITNESS - Step Out of the Gym and into the Best Shape of Your Life** (Falcon). Her popular national radio program “Outdoor Fitness with Tina Vindum” airs nationwide on the Sports Byline USA Radio Network, and internationally on the American Forces Network. She has been featured in numerous media outlets including *Self, Shape, Fitness, Prevention, Health, Vogue, New York Times, Los Angeles Times, San Francisco Chronicle*. An American Council on Exercise (ACE) Faculty member, Tina delivers frequent lectures at fitness conferences around the world about the scientifically proven benefits of outdoor fitness techniques. Additionally, Tina serves as an Advisory Board Member to “GirlForce Outside,” a Vanderbilt University Medical Center outreach program for girls.



# Philosophy

Tina's core belief is that nature is a powerful – if not the most powerful - contributor to personal health and fitness. Physical-mental-emotional conditioning is enhanced by being in the fresh air and working in the outdoor environment. Tina is dedicated to preventive and therapeutic health and fitness programming that deepens the connection people have with themselves, others, and the environment.

Outdoor Fitness is the most unique and powerful concept in exercise and fitness today. Americans spend greater than 93% of their time indoors—despite the mounting research showing the profound effect that fresh air, plants, trees and natural outdoor elements have on our health and well being. Tina Vindum created her innovative and holistic approach to exercise to deliver her clients exceptional results, not only in their physicality, but in every aspect of their lives.

Tina's joy comes from helping people get fit while enjoying the many benefits of spending quality time outdoors. "My goal is to provide quality outdoor fitness options to my clients and students, for better health, fitness and well being," Tina says. "My programs honor the interconnection of our body, mind, emotions and the environment—to bring balance into our lives."

## Contacts



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