



MacKenzie Wolf MA CPT CNC

Trainer, Coach, Educator

fabyouniversity.com

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MacKenzie Wolf is a highly experienced, high energy wellness educator committed to promoting comprehensive lifestyle change for clients through the integrated whole self approach. She is creative, versatile and compassionate with strong motivational talents and a track record that exceeds the expectations of clients.

**MacKenzie is available to share her
"DARE TO BE FABULOUS" approach through**

Small Group Workshops

"Programs by Design"

One-on-one small group settings

MacKenzie teaches women of all ages and background circumstances her amazingly unique "DARE TO BE FABULOUS" approach which brings into alignment the physical, emotional, mental and spiritual aspects of self. Women experience stunning transformations as they begin to live the "I AM FABULOUS" life.



Larger Speaking Engagements

which are interactive, entertaining and FUN!

MacKenzie brings her knowledge base and personal experience to her presentations. She teaches techniques and strategies based on truth, not illusion, that lead to comprehensive lifestyle changes. Her incredible energy and love of life comes through in all she does making her presentations interactive, entertaining and educational.

MacKenzie speaks on a wide variety of health and wellness related topics. If you would like to bring excitement and motivation to your next event, it is time to contact MacKenzie Wolf.





Some of MacKenzie's Speaking Topics

How to complete the
"DARE TO BE FABULOUS"
 puzzle and begin living the
"I AM FABULOUS LIFE!"

The Fab Seven

Authenticity How to be real with yourself through honest self assessment ... opening the door to change!

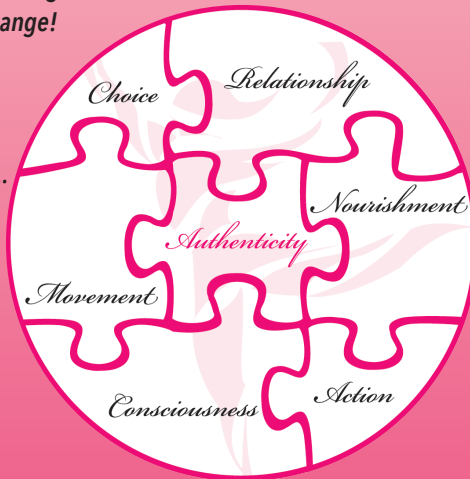
Choice How to make choices that lead to the creation of your true authentic self!

Relationship How to do life together with ... self, others and all the stuff that surrounds you!

Movement How to let movement work for you and have fun at the same time.

Nourishment How to separate reality from myth when it comes to the food you eat!

Consciousness How to stop the mind games, change your story and unlock the secret to your "I AM FABULOUS LIFE!"



CREDENTIALS:

Certified Fitness Professional, National Academy of Sports Medicine
 Certified Nutrition Coach
 Fitness Nutrition Specialist
 Weight Management Specialist
 Women's Fitness Specialist
 Senior Fitness Specialist
 Behavior Change Specialist
 Life Coach, Center for Coach Training
 Parent/Teen Coach, Academy for Family Coach Training
 Certified NLP Practitioner
 Thought Pattern Management Practitioner
 Advanced Studies in Clinical Nutrition (Designs for Health Institute)
 Pilates Instruction, matt and reformer (Stott Trained)
 Reiki Practitioner, Level 1
 18 Credit Hours, Portland Community College, Portland, OR
 Rank1, Certificate in Administration, Northern Kentucky University, Highland Heights, KY
 M.A., Northern Kentucky University, Highland Heights, KY
 B.A., Elementary Education, Northern Kentucky University, Highland Heights, KY

What People Are Saying About MacKenzie

"MacKenzie has been such a great inspiration to me over the last ten years. Through her encouragement and teaching, I have found a new me in personal confidence. My body, my thinking and my action steps are in alignment with long term well-being, fitness, nutrition and health. As I approach my 60's I would say I never felt better! Looking forward to my fit and fabulous golden years."

Diana Sterling
 Author-Parent As Coach

Along with her knowledge and expertise, MacKenzie brought a unique compassion that allowed me to openly discuss how I felt each day. No topic was too minor to share with her. Encouragement was always on the other side. As a result of our work together, I developed a positive body image and my unhealthy eating disorder was never repeated."

Kristi Metschan

MacKenzie is an excellent and discerning listener. She has provided me with insight into root causes for problem areas along with action plans for either resolving or living harmoniously with them."

Maja Tibbling

"MacKenzie offers a playful spirit, significant knowledge base and a very practical tools for guiding you through big changes."

Lisa Latin