

## BIOGRAPHY

Brenda Loube is President and Co-Founder at Corporate Fitness Works. Brenda brings over 48 years of experience in promoting good health and fitness and disease prevention. Brenda is a motivational speaker in taking control of your health and authored *You Can Play*. Brenda has 31 years' experience in the entrepreneurial thought leadership space.

Brenda holds a B.S. in Physical Education from Towson University and a M.S. in Cardiac Rehabilitation from University of Wisconsin-LaCrosse. Brenda is an accomplished author, speaker, and business owner - she lives by her profession as it has become her way of life. Her desire is to partner with corporate and community leaders to drive healthy active cultures and make it a reality so organizations can thrive.



## SUGGESTED SPEAKING TOPICS

- Living the Life You Want to Live!
- Unlock the Leader in You
- Creating Well Cultures
- You Can Play - Keys to Winning
- Making Healthy Habits the Norm

## RECENT SPEAKING ENGAGEMENTS

- "What Life Do You Want to Live," most recently Business Development Conference for Women Entrepreneurs (2015)
- "Building Your Business Through Acquisitions" Business Development Conference for Women Entrepreneurs (2015)
- "Women Leading in Self Care" Global Women's Leadership Summit - part of the World Medical Tourism & Global Healthcare Congress (2013)

## UNIVERSITY AFFILIATIONS

- Adjunct Professor at Marymount University, Cardiovascular Health
- Guest Speaker at Towson University, American University, Slippery Rock University

## AWARDS AND RECOGNITIONS

- Enterprising Women of the Year Award (Enterprising Women Magazine, 2013)
- The President's Council on Physical Fitness & Sports Community Leadership Award

## COMMITTEES

- Exercise is Medicine Work Committee - International Association for Worksite Health Promotion
- Entry Level Qualifications for Worksite Health and Fitness Professionals - International Association for Worksite Health Promotion

## COMMUNITY ORGANIZATIONS

- Chair of the Board of Directors for the American Breast Cancer Foundation
- V.P. of Special Projects for the International Association for Worksite Health Promotion
- Advisory Board Member of the International Council on Active Aging