

# Author Celebrity **TRAINER** USANA Fanatic

Kathy Kaehler believes that everyone, at any age should adopt a lifestyle that incorporates fitness, good nutrition, and a positive outlook. That's why Kathy is not only a huge fan of USANA, she is now a proud spokesperson. This best-selling author (*Fit and Sexy for Life*, *Real World Fitness*, and others), fitness correspondent for the Today show (for 13 years), celebrity trainer (some of her celebrity clients have included Julia Roberts, Michelle Pfeiffer, Cindy Crawford, and Jennifer Aniston), and now spokesperson (USANA and Kathy share the same core values), has devoted her life to helping people live happy, productive, and healthy lives.

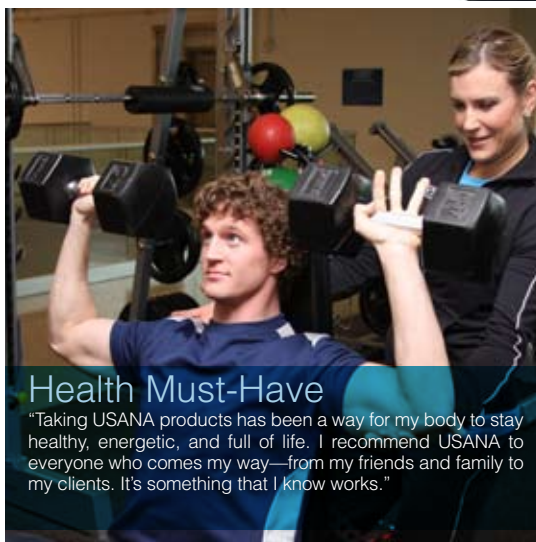
## Why USANA?

"The cutting edge of fitness, exercise equipment, and supplements, and anything that can make your body better than it is and better than it can be, is where I am going to look. USANA and I have created a powerful relationship that will educate people on proper lifestyle habits in health, diet, and nutrition."



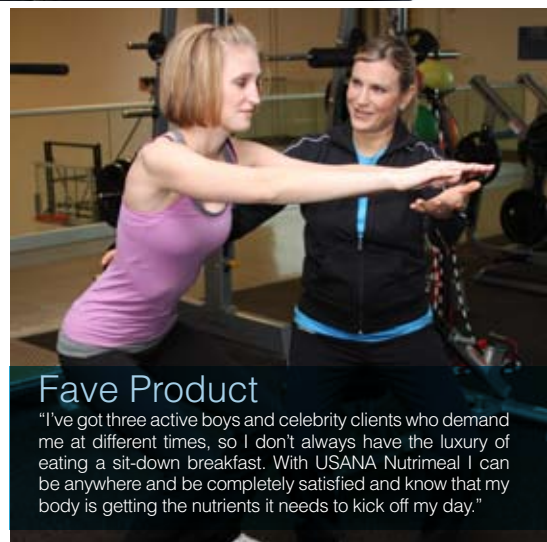
### Kathy's Philosophy

"My goals are to educate and build awareness on how simple daily choices about nutrition and fitness promote a healthier and more productive lifestyle. For me, as a trainer and working with celebrities, USANA has fit in perfectly."



### Health Must-Have

"Taking USANA products has been a way for my body to stay healthy, energetic, and full of life. I recommend USANA to everyone who comes my way—from my friends and family to my clients. It's something that I know works."



### Fave Product

"I've got three active boys and celebrity clients who demand me at different times, so I don't always have the luxury of eating a sit-down breakfast. With USANA Nutrimeal I can be anywhere and be completely satisfied and know that my body is getting the nutrients it needs to kick off my day."

### BOOKS:

*Teenage Fitness*  
*Kathy Kaehler's Celebrity Workouts*  
*Real World Fitness*  
*Fit and Sexy for Life*  
*Primetime Pregnancy*  
*Primetime Bodies*

### CELEBRITY CLIENTS:

Julia Roberts  
Michelle Pfeiffer  
Cindy Crawford  
Jennifer Aniston  
Kim Basinger  
And many more...

### VIDEOS & DVD's:

*Exercises Fit For a Princess with Kim Kardashian*  
*New Dimensions with Cindy Crawford*  
*Fit Kids*  
*Kathy Kaehler Workout Class*  
*Kathy Kaehler Total Fitness Workout*

