



LOUISE  
GREEN

TRAINER . ATHLETE . AUTHOR . INFLUENCER



## ABOUT

Louise Green is a fitness activist and change agent dedicated to creating a world where every "body" can realize their athletic potential, regardless of their size.

As a Personal Trainer and Athlete, Green has tenaciously dedicated the last decade to disrupting the fitness industry by creating a counter-culture movement where people of all shapes and sizes can feel included. Through her dedication to this movement, she has been termed a revolutionary by some of the world's leading media outlets.

Louise's work spans the globe. She has coached and influenced thousands of women to put their intimidation aside and live their athletic dreams in the body they have right now.





# SOCIAL MEDIA

---

INSTAGRAM 35,200 FOLLOWERS

FACEBOOK 24,000 FOLLOWERS

FACEBOOK 4,000 PRIVATE MEMBERS

TWITTER 2,400 FOLLOWERS



# BIG FIT GIRL THE BRAND

---

## ABOUT

Big Fit Girl is Louise's brand that organically developed after the launch of her book, Big Fit Girl. The release of the book created a global movement with an audience of women who championed for more.

Today the brand hosts a private Facebook group with thousands of members from around the world. Big Fit Girl has become a fitness hub for online athletic programs where women, at every size, can unleash their inner athlete and find peace with their bodies.

### Programs:

Big Fit Girl: Unleashed (6 week foundational mindset and fitness coaching program). Since September 2017 the program has sold in 8 countries.

Big Fit Girl 5K: Run or Walk a 5K distance with a supportive community and online coaching.

Big Fit Girl Boxer: Boxing technique and workouts online (In development).

Big Fit Girl Triathlon: Sprint Triathlon Coaching Program (Coming Soon).



# THE BOOK

---

PUBLISHED

2017



Green rocked the fitness section at the bookstores when she released her ground-breaking book, *Big Fit Girl* offering a new perspective of what it means to be an athlete.

The book has sold internationally with an overwhelming positive response influencing women everywhere to lace up and get active.

Green toured Canada, the USA and the UK and conducted over 80 media interviews while promoting the book. These interviews brought about both positive conversation and pushback; however, Green is unshakable in her position that larger bodies can indeed be fit bodies.

(Greystone Books, 2017)





THE STEVE HARVEY SHOW NBC

## IN THE MEDIA

---

Louise's pioneering work has been featured by some of the world's most recognizable media outlets.

She regularly offers her expertise and knowledge to media and brands who are interested in her pursuit to level the playing field and bring plus-size athleticism to the forefront.

Louise is a regular columnist at SELF Magazine and has written pieces for Refinery 29, The Huffington Post, XO Jane, iRun and the UK's, INews and The Guardian.

Louise is one of the first plus-athletes to be featured in Triathlete Magazine, Bicycling Magazine, Impact Magazine, Canadian Running Magazine, Women's Running Magazine and the UK's Runner's World.

Louise has been featured on television at NBC's The Steve Harvey Show, Australia's The Morning Show and the UK's ITV, This Morning.



# LIMITLESS

Let's Think Again About Athleticism



## LOUISE GREEN

---

TALKS  
AWARDS  
RECOGNITIONS

Named one of the Top 100 Canadian Influencers by Optimyz Magazine.

Featured speaker at TEDx - Limitless: Let's Think Again About Athleticism.

Women of Influence, Top 5 Women in Canada  
Boldly Changing the World for Women and Girls.

Body Confidence Canada Awards Recipient

2017 YWCA Women of Distinction Award Nominee

People Magazine – 8 Badass Women Who Prove  
Fitness Has No Size

Dove Hero Feature – Real Beauty Campaign



**LOUISE GREEN**

---

**CONTACT**

**INFLUENCER / BRAND OPPORTUNITIES:  
LOUISEGREEN@3CCONSULTING.CA**

**LITERARY AGENT - TRANSATLANTIC AGENCY  
JESSE FINKELSTEIN  
JESSE@TRANSATLANTICAGENCY.COM**

**GENERAL  
MANAGEMENT@LOUISEGREEN.CA**

