

Bridgette Collins

Author

Lifestyle/Fitness Coach

Speaker/Facilitator

Fitness coach Bridgette Collins is the owner of Total Innovative Wellness Solutions, LLC, a consulting firm that provides individuals and organizations with strategic solutions for implementing and sustaining healthy lifestyle habits. Through MAC Fitness and Origins Publishing Company, subsidiaries of Total Innovative Wellness Solutions, LLC, she introduces innovative and creative resources for achieving well-being and physical fitness to help her clients gain traction on disease prevention and management. Coach Bridgette is also the author of three books, *Destined to Live Healthier*, *Imagine Living Healthier*, and *Broken in Plain Sight* which have educated and empowered many through the collection of fictional stories that tell of real life challenges with weight, health, work, marriage and lack of self-love. She is also featured in *The Ultimate Runner* by Ultimate HCI Books, publisher of the *Chicken Soup for the Soul* series.

Bridgette has worked as a certified personal trainer, both privately and for Bally's Total Fitness, and she holds a personal trainer certification through Aerobics and Fitness Association of America. Combining her fitness training and passion for healthy living with over ten years of human resources management (most recently as an Assistant Human Resources Director for Dallas County) and program development experience, Bridgette delivers practical and actionable health and fitness solutions. From women's groups and church ministries to half marathon training programs, Bridgette has inspired and motivated thousands with her ten essential habits for living a healthy lifestyle.

A motivational speaker, Bridgette travels throughout the United States delivering a message that empowers audiences to make positive lifestyle choices. She writes healthy lifestyle columns for various print and online magazines (e.g., L.I.V.E), and has also served as a fitness coach for an Internet radio station. Understanding that the quest to incorporate a healthy lifestyle is often hampered by daily demands and obligations, she equips her readers and audiences with a collection of lifestyle tools that helps to close the gap between understanding how to implement healthier lifestyle habits and reduce their risk of disease and illness.

An avid runner for more than 15 years, Bridgette has participated in numerous 5K and 10k races and completed five marathons and a host of half-marathons. In an effort to share the benefits of a consistent running program, she has coached several group training programs to provide beginner walkers and runners weekly instruction for improving their fitness level both privately and for national organizations like the Crohn's and Colitis Foundation.

A native of Houston, Bridgette resides in Grand Prairie, Texas. She has a bachelor's degree in business administration.