

## **Linda S. Jassmond Lanfear**

### BIO

#### ***Short Version***

Linda Jassmond Lanfear is the owner of a personal training business where she helps individuals take charge of their mind and body to create lifestyle changes resulting in healthy eating, weight loss and positive energy. Linda customizes her programs for each client dependent upon their age and fitness level and welcomes beginners as well as those individuals training for a triathlon.

Linda's passion for physical fitness began in 1984 as a Manager for Elaine Powers, a women's fitness club. She continues to teach Pilates, Kick Boxing, Step, Body Sculpting, High Intensity Interval Training (HiiT), and Family Fitness classes on a weekly basis. She has seen people transform before her eyes.

Linda is the author of motivational fitness books: *Journey to Fitness – Chronicles of a Transformed Kid*; *Journey to Fitness – Chronicles of a New Triathlete* and *Journey to Fitness – Chronicles of a Working Woman*.

Visit [FitnessLinda.com](http://FitnessLinda.com) for more real-life success stories her clients are proud to share!

#### ***Full Version***

Linda Jassmond, owner of Linda S. Jassmond, LLC, helps individuals take charge of their mind and body to create lifestyle changes that result in healthy eating, weight loss and positive energy. Linda customizes her programs for each client dependent upon their age and fitness level. She welcomes beginners as well as those training for a triathlon. Involved in fitness since 1984 and a personal trainer since 1987, Linda helps her clients establish goals and overcome obstacles.

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Linda has a degree in Management from West Chester University and has held a variety of managerial positions during her career. She is currently a member of the Southern Chester County Chamber of Commerce, Women In Business, and Business Professional Women of Jennersville. Linda was a member of the Women's Referral Network of Chester County for over 21 years, served on their Board for over 10 years and served as President along with many Chair positions.

A frequent speaker for businesses and organizations, Linda's presentations focus on fitness, motivation and leadership. As a Certified Personal Trainer, she remains current with industry trends and information through continuing education classes for fitness, workshops, and she enjoys reading technical trade journals and studying about fitness.

Linda is the author of motivational fitness books:

*Journey to Fitness – Chronicles of a Transformed Kid:* After reading about Wills and his dog Osa you will know how to help build your child's self-confidence.

*Journey to Fitness – Chronicles of a New Triathlete* in which Linda chronicles client Jackie Stenta for two years through her fascinating journey.

*Journey to Fitness – Chronicles of a Working Woman* is a real-life success story of how Linda helps Suzanne, the busy working mother, develop strategies to incorporate healthy eating and exercise into her day.

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Linda is dedicated to her clients' success and her passion to reach new levels is evident in her business and in her life.