



Keli Roberts

Fitness Consultant

ACSM HFS, ACE PT Gold, ACE GFI, AFAA

FITNESS PHILOSOPHY

It's not what you do; it's how you do it!

Fitness goes far beyond just making you look good, it improves your health and well being, quality of life, self esteem and self concept. I believe fitness should be fun and enjoyable, something to look forward to and something that leaves you feeling satisfied and successful.

BIOGRAPHY **Keli Roberts**

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Keli Roberts is a world renowned fitness educator, trainer and the award recipient of the 2003 IDEA International Instructor of the Year and a 2007 inductee to the National Fitness Hall of Fame. As a continuing education specialist, Keli conducts seminars and workshops worldwide. She's recognized as a fitness authority that's transformed fitness education with groundbreaking innovations characterized by her expert skill and instruction.

Keli offers workshops and master classes on specific muscle conditioning programs, Indoor Cycling, Rubber Resistance training, stability ball exercise, BOSU and Body Bar integrated training. Her workshops have taken her to Italy, Japan, Hong Kong, Brazil, Australia, France, Switzerland, Canada, Germany, Israel, the United Kingdom and throughout the United States.

Additionally, Keli is on the board of advisory for Fitness Magazine and is the American Council on Exercise (ACE) Los Angeles media spokesperson. She's also a certified ACSM HFS, ACE Group Exercise, ACE Gold Certified Personal Trainer, and AFAA.

Keli is originally from Australia, but moved to the United States in 1989 to pursue her passion – Fitness! She quickly became one of the most in demand private trainers in Los Angeles and garnered a huge celebrity clientele that included Cher, Kirstie Alley, Jennifer Grey, Jennifer Jason Leigh, Russell Crow and Faye Dunaway, to name a few. Her group exercise classes also attracted many A-list names such as Julia Roberts, Annette Bening and Nicole Kidman.

In 1991, Keli choreographed and appeared in the award winning video, Cher Fitness...A New Attitude, which brought her worldwide recognition as a fitness expert. Subsequently, Keli has designed, choreographed and starred in over 50 videos. Keli's DVD, 10 Minute Solution Kickbox Bootcamp was awarded Fitness Magazine top 10, Shape Magazine DVD of the month and Health Magazine Strength DVD of the year. Keli also choreographed Kathy Smith's



kickboxing video and CO-starred with Italian Olympic Gold Medal skier, Alberto Tomba, in two videos on ski conditioning, in Italian.

Keli has been featured in Shape, Elle, Health, Fitness, Self, Ms Fitness, American Fitness, Allure and many international publications as well. Additionally, Keli is a featured instructor on the award winning TV series, CRUNCH Fitness, on ESPN. She also co-hosted Target Sports Training, a TV series for the Health Network with Carey Bond. Keli also played a starring role in Bravo networks' Workout reality show as the exercise technical advisor and coach to Jackie Warner for a DVD shoot.

Keli is a Tier 3 Trainer at Equinox in Pasadena where she teaches classes. Her training involves working with pre and postnatal clients, post physical rehabilitation, stability training for alignment and posture, weight training and cardiovascular training for weight loss as well as stretching and sports specific training. Keli Roberts is a true fitness visionary with the expertise and experience to continue inspiring others the world over.



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PRESS **Keli Roberts**

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PRESS **Keli Roberts** Fitness Consultant

AUGUST 2007



DECEMBER 2006



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AWARDS **Keli Roberts** Fitness Consultant

IDEA Fitness Instructor of the Year, 2003

One of the greatest honors an instructor can achieve is to be the recipient of the IDEA Fitness Instructor of the Year.

The award criteria includes:

- Demonstrate strong leadership skills through community and industry involvement
- Uses his or her superior instructional abilities and influence as an instructor to motivate active and under active people to commit to a healthy lifestyle

ECA OBOW Award for Live Achievement, 2008

ECA OBOW Best Female Presenter, 2005

ECA OBOW Best Use of Equipment, 2003



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TESTIMONIALS

Keli Roberts

Fitness Consultant

“You are truly the most informed and knowledgeable trainer I have ever met.”

I've been a fan of your fitness videos for a long time. I recently read an article where you talked about your eating disorder and exercise addiction. I was suffering from exercise addiction myself on and off for years, several years ago spending 2 hours a day on the Stairmaster after teaching a step and then a sculpting class virtually every day. I can't tell you enough how much it touched me to read that you were able to come out about something so difficult. You've inspired me to go back to therapy and ensure that my life gets back and then stay on track for good this time. I really can't thank you enough, you truly are an inspiration. If nothing else, please know that you've helped one person. —Anonymous

My name is Glory Simon and I have known Keli Roberts for 8 1/2 years. I first started taking her group exercise classes at Martin Henry Fitness Studio in June of 1994. I was 20 and had been exercising regularly for four years but was in the midst of a raging eating disorder (bulimia and compulsive overeating). I exercised all the time but was at least 25 pounds heavier than I am now. Keli's classes really changed things for me. I had been taking step classes for a couple of years but Keli's step class was completely different than any other I had taken. Her music was amazing. Her energy and motivation were like none other. Her choreography was always changing and we did lots of things I had never done before. In fact it was the first time I was having fun in an exercise class. At that time I also started taking her sculpt classes which I still take to this day. I have never taken another class that can challenge me the way hers can and I still feel safe. I really can't speak highly enough of Keli. —Glory Simon

You have truly been a blessing in my life. With her constant guidance and reassurance I am getting stronger and more fit daily. You are truly the most informed and knowledgeable trainer I have ever met. You know the science of the body and are able to articulate what I am doing, and why. Since I have been training with Keli my knees have not dislocated, and the aching I use to have from sitting has greatly subsided. Because of Keli's vast knowledge and dedication to her discipline, I am a healthier and happier person today. —Sharyn L. Church

You are a remarkable teacher. Thank you for all of your energy. —Jill Von Hartmann

Keli Roberts truly is a jack of all trades. She can teach just about any type of fitness class to any population and bring about results and love of exercise. From interpersonal communication to programming genius and impeccable teaching skills, Keli represents the type of quality act every fitness instructor should aspire to. I hope you'll consider Keli for this year's award. Let me just say that I'm glad to have already received this honor because competing with Keli would have been a tough hurdle when it comes to excellence! —Suzanne Nottingham

This morning I was wondering if you did any new stuff. While surfing on the net, at my great surprise, you have done more videos again. In my opinion, you are the best video trainer I've never seen. I've done a lot of others and it's only your style that really fits me. But I cannot find any of your materials in store. Thank you for everything and keep on doing what you do. —Lilly Marcotte

“You are a remarkable teacher. Thank you for all of your energy.”



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