



Laticia "Action" Jackson



Health and Fitness Expert and 2008 Fitness Olympian Laticia "Action" Jackson has been called one of the most dynamic and energetic personalities in the health promotion, body awareness, behavior change, community health and fitness fields.

With an academic background that includes a Master's Degree in Public Health (M.P.H), B.S. Degree in Exercise Physiology, and Master Level Personal Trainer, Weight Loss Counselor and Lifestyle and Weight Management Specialist Certifications, Laticia has proven knowledge, skills and the ability to motivate, inspire and cultivate change in the lives of many. She's received both national and international recognition by being featured as a quest athlete and writer for over 13 national and international health and wellness publications (Oxygen, Muscle and Fitness Hers, Active USA, and more. She's been the go-to fitness expert for TV shows such as C.W. 31 Good Day Sacramento, Blab TV and WEAR 3 Channel 3.

Laticia's amazing ability to connect with her audience and tell a story has led to invitations to speak at annual women's empowerment events such as The Emmett Tills Legacy Foundation's Loving from the Inside Out Symposium, Alpha Kappa Alpha's Paint the City Pink Breast Cancer Event, and additional speaking events that provide women with the tools to enhance and transform their lives.

She's the author four books, with her most recognized being, I'm Not a Size Zero- I'm a Size Healthy. I'm Not A Size Zero is a women's fitness and wellness training book that focuses on the impact the media has on women and their body image, and provides solutions for women to embrace their bodies and themselves from the inside out. Her successful workshop, Love Your Body, Love Yourself, was built on the same principles as I'm Not a Size Zero, and has been sponsored and supported by West Florida Hospital (Ranked Top 100 Hospital in 2015) with rave reviews and consistent positive feedback, including televised event coverage on multiple networks.

Laticia is often called upon from national organizations such as The American Heart Association, The American Diabetes Association and The American Cancer Society to use her expertise for nation-wide health promotion and health awareness events.

Why stop there?

Laticia is a proud Veteran of the United States Air Force, member of Delta Sigma Theta Sorority, Inc., and a domestic violence survivor who has become an advocate for domestic violence, speaking at events to bring awareness and a voice to an often stigmatized topic.

Therefore, if you're looking for someone to put the **EXPERT** in expertise, Laticia "Action" Jackson is your speaker!

Healthy Living Beyond the Scale

Laticia "Action" Jackson is available for:

- ✓ Keynotes, Seminars & Workshops
- ✓ College Presentations on Body Image
- ✓ University Events
- ✓ Television Appearances
- ✓ Corporate Meetings
- ✓ Boot Camps
- ✓ Church Health and Fitness Challenges

Sample Speaker Topics Include:

- ✓ Media and Its Effect on Women
- ✓ Heart Disease and Women
- ✓ Fit and Healthy at Any Age
- ✓ Love Your Body, Love Yourself
- ✓ Behavior Change and Your Health
- ✓ Stop Dieting Today and Start Living
- ✓ Obesity and African American Women
- ✓ Healthy is a Lifestyle

Presented for the Following Companies:

- ✓The American Heart Association
- ✓The American Diabetes Association
- ✓The Progressive Black Woman
- ✓University of West Florida
- ✓Pensacola State College
- ✓Alpha Kappa Alpha Sorority (AKA)
- ✓Sierra Alternative Middle School
- ✓Blab TV
- ✓CW 31 Good Day Sacramento
- ✓West Florida Hospital



What Are Others Saying?

"West Florida Healthcare is very proud to partner with Laticia "Action" Jackson to offer women's health programs to our community. She teaches women the importance of self-esteem and shows women how to take care of their body so they are able to take care of themselves and their families for a long time. We look forward to working with Laticia "Action" Jackson in the future."

~ Briana Wigley, MS, CHES- West Florida Hospital

"Laticia is one of the most real speakers I have had the honor of hearing. She speaks from her heart, her experience and her deep desire for positive transformation. Her transparency is where she gets her power. The delivery of her message is fun, high energy and most importantly relevant. If you are looking for a WOW speaker Laticia "Action" Jackson is the woman for you!"

~ Stephanie Sherwood; Co-founder of The BAM Project - Where women of Faith create community in life and business

"Her energy was contagious and her delivery and information had women engaged and sitting on the edge of their seats. We thoroughly enjoyed her and look forward to seeing her soar!"

~Deborah Watts-Co-Founder-Emmett Till Legacy Foundation



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