



# ARIEL BELGRAVE

Health & Fitness Expert, Speaker, Digital Creator

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## INTRODUCTION

Ariel Belgrave is an award-winning health and fitness expert and the founder of Gym Hooky. Her signature wellness frameworks have empowered thousands of leaders to take back the power of their health. She's also helped some of the nation's most innovative companies design wellness programs and experiences to boost employee morale, engagement, and productivity.

Before starting her wellness company, Gym Hooky, Ariel spent over a decade as a corporate HR leader for Fortune 100 companies like JPMorgan and Facebook. In her roles, she focused on designing and developing programs to increase employee engagement and foster an inclusive work environment. Today, she fuses this HR knowledge with her wellness expertise to foster healthy environments in homes, workplaces, and communities.

Ariel is on the Board of Women's Health Magazine, an Under Armour ambassador, and a former D1 Collegiate Rugby athlete.

## SPEAKING TOPICS

- Balancing Work, Life, & Self
- Building Healthy Habits
- Stress Management / Burnout Prevention
- Self-Leadership
- Intersection of Technology and Fitness
- Navigating Career Changes
- Passion to Profit
- The Science of Goal-Setting
- Life After Collegiate Sports

## FEATURES



Forbes



Women's Health

BAZAAR



## “ WHAT PEOPLE SAY? ”

Ariel's not only an expert in the wellness world, but she also has the ability and skillset to keep an audience consistently engaged and motivated. I would work with Ariel again in a heartbeat! - Emily Hodges

"My team and I hired Ariel to facilitate a Burnout Workshop for our team offsite. In planning for this, she was responsive and prioritized getting to understand the team dynamic before the session. She asked thoughtful questions to set goals for the workshop so it could be tailored to our needs. During the workshop, she not only brought amazing energy but she got our team to become vulnerable with each other. - Pooja Desai



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