

Bun & Thigh Sculptor Infomercial
The Home and Family Show
Kathy Smith Flip track Infomercial

Fitness expert endorsement
Fitness expert/celebrity trainer
Fitness expert endorsement

Personal Appearances, Speaking & Workshops

The Oaks Spa, Ojai, CA 1996
Forever Fit Health Convention, Albany, NY 1998
S Club 7, Venice, CA 1998
Big Brother Bachelor Auction, Los Angeles, CA 1999-2000
Balance Bar Media Tour, Denver, CO 2000
Balance Bar Media Tour, Los Angeles, CA 2000
San Bernardino Women's Club, San Bernardino, CA 2002
Ready Pac (MC of out door event) 2003

Spokesperson

Advisory Board - "**JUMP**" Magazine. 1999-2002
Scientific Board of Advisors - Balance Bar 1999-2001
Slim Science. 2001-2003
DietSmart.com. 2001
Emerald Green Super foods 2002
Organic Milling Corporation 2003
Compex Technologies 2003
NIKE 2004-current
Pedigree 1, 2 Weight loss formula 2005

Fitness Editor

Fitness Editor: Bennings Health and Fitness Journal. 1998-1999

Published Articles

Diet Designs Newsletter 1996
 Power Punch
 Motivate your Mind and Muscles
Men's Exercise 1997
 Strike A Pose
Bennings Health & Fitness Journal 1998-1999
 Shapely Shoulders
 Who's The Boss
 The Great Abs Office Workout
 The 30-Minute Suitcase Workout
 The Two-In-One Summer Workout
 Stretching It-Going Snow Boarding Soon?
 It's Time To Power Punch
Personal Excellence 2000-2003
 Wellness Programs
 Cross Training
 Conquering Fear
 Wellness Affirmations

Periodical Interviews & Features

Periodical interview list available on demand