

Tracey Mallett

International Fitness Expert and **author of *Sexy in 6***, Tracey Mallett has become a fitness icon to millions of moms and working women across the world. After her first pregnancy, a 55 pound weight gain she placed her career on hold with a complete lack of confidence. Tracey knows first hand that it's easy to lose sight of one's identity and self-confidence with life's daily stresses, and what it takes to get back into shape. She has made it her passion to help and motivate women to find their path to success with **quick, simple, practical healthy solutions and sound nutrition.**

The latest additions to Tracey's many top rated fitness books, DVDs and workout solutions is ***Sexy in 6 and the 6 Minute Quick-Blast Method***, receiving rave reviews worldwide. The fast-paced and customizable book with two companion DVDs (***6 Minute Quick Blast: Total Body Fat Burner*** and ***Total Body Calorie Blaster***) are fun, easy and highly motivating super-fast workouts and easy diet plan designed to deliver results in just six weeks.

Tracey's work as the fitness expert for the ***Hot Moms Club***, along with her advice about exercise in the ***Hot Moms Club Handbook***, is exactly the sort of practical information the public wants. Tracey reaches over 21million viewers who watch her workouts on ***Exercise TV*** and her suggestions about prenatal fitness appears on ***BabyCenter.com*** as their prenatal exercise expert. She also has partnered with ***iamplify.com*** the leader in downloadable workouts and has a line of audio cardio workouts for the bike and elliptical. Her products are also best sellers in Japan, England, Holland and Yugoslavia.

Sharing her expertise in waist whittling exercise programs and nutrition suggestions for pre and post-natal moms, Pilates, dance, kickboxing and yoga, Tracey is regularly featured in ***Pilates Style, Shape, Fitness Magazine, Women's Health, Fit Pregnancy, SELF, Fit Yoga, OK! Magazine, and Muscle and Fitness.***

You can also catch Tracey on "***Perfectly You TV***" a new women's national lifestyle show, guest stints on ***KABC, "Hannity and Colmes," KTLA's morning show, Fox 5 News Las Vegas, KGTV San Diego, Good Morning Sacramento*** and was the former host of "***The Method Show***" on ***Fox Fit TV***. Tracey's radio and print appearances are equally impressive, with profiles in the ***Miami Herald, Seattle Times, Chicago Tribune, LA Times, "The Good Life Show with Jesse Dylan"*** and ***Dr Fitness and The Fat Guy.***

Tracey is mother of two young children and knows the importance of teaching healthy habits at a young age. She has partnered with ***Health-E-Tips*** as their fitness expert a leading provider of lifestyle programs to over 6 million children in schools across the America.

Originally from England, Tracey studied at London's premier theatre school, Italia Conti (former alumni include Tracey Ullman and Naomi Campbell). She now lives in S Pasadena, Los Angeles and owns ATP Specific Training and Physical Therapy. Tracey is a certified personal trainer and fitness instructor through the Aerobics and Fitness

Association of American (AFAA). She is also a certified sports nutritionist with the National Academy of Sports Nutrition (NASN), Master Pilates Instructor for Rael Isacowitz (Body Arts and Science) and was certified through his program and the Pilates Physical Mind Institute in Santa Fe. She is a member of IDEA and the Pilates Method Alliance. In addition, Tracey is a certified Gyrotonic instructor.