



VALERIE WATERS, FITNESS EXPERT



Valerie Waters, fitness expert and highly sought-after personal trainer, is a member of the National Fiber Council (NFC) and the first person called upon by Hollywood's elite when they need to get in shape in record time. She has won the reputation as the ultimate fitness problem solver with a quick turn-around and a trademark look that emphasizes tone and trim versus bulk and build. With nearly 20 years experience, Valerie counsels her clients on diet and nutrition as well as exercise. Her regimen focuses on external and internal health, stressing the importance of daily fiber intake.

Valerie has helped some of the most beautiful women in Hollywood get in shape. Among those are Jennifer Garner, Elizabeth Berkley, Jessica Biel, Cindy Crawford and Poppy Montgomery. Valerie also contributes regularly to television shows such as "Access Hollywood," "Good Morning America," CNN, VH1 and "Entertainment Tonight," as well as top publications, including *Vanity Fair*, *In Style*, *Fitness*, *Shape* and

US Weekly. Most recently, she was named Los Angeles' top trainer in the January 2008 issue of *Allure*.

Valerie created the Valslide®, a revolutionary new exercise tool that sculpts bodies fast and effectively, at home or on the go. She is also the founder and owner of The Muscle Truck, a fully outfitted, high-end gym that is packed neatly into the back of an eighteen-wheel rig, giving her clients the ability to stay fit while filming on location. Valerie's new book, "Red Carpet Ready" is a six-week program guaranteed to get you ready for your beach vacation, wedding or other special event.

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