



# Wendy IDA

**“America’s  
#1 Expert  
on Looking  
Good Naked  
After 40”**

Best-Selling Author, Speaker, Trainer & Fitness Champion

As seen on:



At 61-years-old, Wendy Ida is a phenomenal speaker with a powerful message! She shares how she went from being an abused, 180 pound, overweight, fast-food junkie to a rock-solid size 4, winning eight body building championships and setting two Guinness World Records at age 60! Wendy personally guides you through her secret mind map that will inspire you to action and show you how to win!

### Speaking Topics Include

- Take Back Your Life and Look Good Naked
- Let Me Be: How to Break Free from your Past and Plunge into Fierce Action
- Rock-hard Mind, Body, and Sexy: How to Get Yours
- You Can't Hold Me Down: Finding your Power and your Way Out of Unhealthy Relationships
- Top 4 Steps to Make Your Goals and Dreams Come True

### Escape to Victory

When Wendy began her fitness career she felt sick, fat, tired and stuck. With low self-esteem she was at the point of giving up. Instead, she crossed the country to escape a violent and abusive marriage. Depressed and uncertain about her future, Wendy shares, “I had to face myself before I could create a new life.” It’s Wendy’s mission to share her self-taught approach to motivation, exercise and nutrition to help others do the same all over the world.

Wendy set two Guinness World Records by achieving the most “burpees” (a calisthenics exercise) in 1 minute and is the “oldest fitness instructor/trainer who actively teaches classes in multiple fitness disciplines.”

### The 90-Day Plan

Wendy’s best selling book, *Take Back Your Life: My No Nonsense Approach to Health, Fitness and Looking Good Naked!* helps women of *any age* to feel strong and sexy. Women also learn how to cheat the clock ... And get their bodies back! Wendy’s 90-day plan effectively neutralizes the most common reasons people avoid eating well and exercising from divorce and career changes to burgers and fries.

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## Awards and Nominations

- 2-Time Guinness World Record Holder
- 8-Time Award-Winning National Champion in the NPC Bodybuilding and Figure Championships
- 2-time Nominee - Who's Who among Women in Business
- 2012 Indie Book Award Winner
- Outstanding Educational Community Services Award of Recognition – KTYM 1460 AM Radio

## Other Credentials

- Director, Obesity Prevention Initiative Program
- Nationally Certified Master Personal Trainer & Nutrition Specialist

- Former Assist Strength & Conditioning Coach for LA Avengers Football Team
- Advice Columnist and Frequent Guest on TV and Talk Radio

## Sample Clients and Audiences

- Google Inc.
- California Women's Conference
- Circle of Sisters Expo, N.Y.
- YWCA of Greater Los Angeles
- City of Culver City, CA.
- CEO Space International
- Real Men Cook Foundation

## People are talking

*Because of her courage and hunger to change her life Wendy has overcome negativity and tragedy and has now found a way to empower other people.*

**Les Brown**, Motivational Speaker  
and Bestselling Author

*Wendy is motivating and gets straight to the point. I had so many "ah-ha" moments that now I'm confident I can make positive changes too!*

**Cindy Popp**, Producer/Director,  
"The Bold and The Beautiful"

*Motivating, driven, powerful and inspiring, Wendy tackles real changes with easy solutions. I loved it!*

**Dr. Zari Alipour**, Ph.D.

*Hearing Wendy speak was truly an inspiration. She really gave me a new tank of oxygen that says obtaining whatever I wish is more than possible. Her light has made a difference in the dark corners of my life.*

**Kathleen Flier** ~ Fan

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