

LISA HERRINGTON

Lisa Herrington is the Co-Founder and Owner of FIT House Davis. After almost a decade in marketing and public relations, she followed her passion, took the leap and opened a full-service boutique fitness studio which employs 40+ people and offers 70+ classes per week. After losing her first-born son (a twin) she realized how important exercise was not just for the physical body, but for the mind. She often refers to her line of work as movement therapy; an act that strengthens the body, mind, and soul.

Lisa is a best-selling author and manages the Brady Randolph Herrington Community Foundation, while also being a mom of 4, wife, and lover of waterskiing, snow-skiing, the ocean and a good Cabernet.

STATS



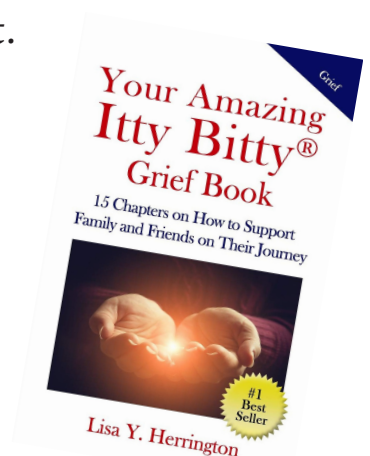
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EXPERT TOPICS

- *Movement Therapy - Healing Grief Through Movement*
- *The Grief Toolbox*
- *How To Incorporate Fitness Into Every Routine*
- *The Most Underrated Exercises*
- *Explaining Unexplained Weight Gain*
- *5 Lifestyle Tweaks To Improve Your Wellbeing*

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