



# JANVIEVE NAEMANI

AUTHOR  
SPEAKER  
LIFESTYLE COACH  
PERSONAL TRAINER



## Bio:

Janvieve-Naemani is a highly sought after Personal Trainer of 14 years, Author, Lifestyle Coach & Speaker. In her spare time, she is also a Voice Over Artist, Fitness Model and donates her time to causes that touch her the most such as; Colon Cancer, Obesity, Bullying, Empowerment for Women and more.

As a single mother of two teens and on the verge of becoming homeless not too long ago, Janvieve left her marriage with \$12 in her pocket and was more than ready to end her life. The charming Queens native states: "That would have been extremely selfish of me to leave my children motherless, so instead, I decided to use my trials & tribulations to show others that despite hitting rock bottom with nothing left except integrity, you can catapult yourself back to the top despite your "situation."

Janvieve's life became extremely challenging when she received an eviction notice with 30 days to vacate the premises. Deciding on how to work her way out of this turmoil, she wrote and self-published her first book in 47 days! She launched a marketing campaign so effective that she locked-in an interview on Fox 5's "Good Day New York" where she was interviewed by their famous anchor team. Her relentless drive to succeed and make a better life for her and her two children is what positioned her to the ever growing fan status she possesses today. Building a name for herself despite the heavily saturated and competitive fitness world, was tough, but Janvieve-Naemani was determined to take her health and fitness brand to a whole other level. Through social media, Janvieve-Naemani launched her media campaign showcasing her custom workouts, fitness tips, photos, quotes, videos and personal experiences to inspire and motivate others.

When asked the infamous question, "What makes you different from all other Personal Trainers?" Janvieve responds with: "Well, I believe in balance. Being a single mom and entrepreneur has taught me patience, perseverance, dedication and discipline. I educate and empower from a mental, physical, spiritual, emotional and financial standpoint. Those are 5 powerful keys to success, if one is off balance, all the others will suffer." Janvieve is famous for her motivational quotes and tips 5-6 times per day. She produces videos on cooking, parenting, entrepreneurship & fitness between the hours of 2 am or 2 pm no matter where she is. Therefore, she has products such as her book: "Single, Sexy & Satisfied" along with a CD, DVD & CALENDAR to keep her followers on point. Her goal is to have her fans and clientele always feel as though she is there with them through their personal journey and that THEY ARE NOT ALONE!

## Mission:

Janvieve's mission is to inspire, educate and support individuals from FITNESS to the BOARD-ROOM, while sharing her personal tragedies and triumphs, to how her children saved her life, twice. Whether you are MARRIED, SINGLE, DIVORCED OR DATING, her goal is to lead you to an even healthier, happier, irresistibly sexier lifestyle all around the board! EVERYONE deserves SATISFACTION no matter what their status! If you flip burgers OR are the CEO of your own company, married with children, OR single with none; YOU.....my friend, DESERVE A FITSEXYLIFE!



AUTHOR ★ SPEAKER ★ LIFESTYLE COACH ★ PERSONAL TRAINER



# JANVIEVE NAEMANI

Do what you **LOVE!**  
Stay committed to your **DREAM!**  
Be **DICIPIINED** with a sense of urgency!  
No matter what, **DO NOT GIVE UP!**

## Press:



Several interviews @ 107.5 WBLS during "The Quiet Storm" with Lenny Green & Fitness Tips.



Janvieve was booked on GOOD DAY NEW YORK with her BUTT-KICKS & FRUIT WORKOUT! It was a huge success, creating an increase in followers and friends on social media.

LOVE, FITNESS & BEYOND!

## Social Media:



<http://www.singlesexyandsatisfied.com>  
<https://www.linkedin.com/pub/janvieve-naemani-fogle>  
<https://www.facebook.com/janvievenaemani.fogle>



<https://twitter.com/janvieve>  
<http://www.pinterest.com/janvievenaemani>  
<http://janvieve-naemani.tumblr.com>



[http://instagram.com/janvieve\\_naemani](http://instagram.com/janvieve_naemani)  
<https://www.youtube.com/user/JanvieveNaemani>

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