



ERYN YOUNG, MPH

Author • Entrepreneur • Health & Fitness Specialist • Speaker

**Available for wellness presentations and workshops
Schedule us today !!**

Contact 909 9312-6267 • www.justmuv.com

Mission

Create opportunities that promote the practical use of physical activity & offer programs which provide tools to enhance the quality of health for businesses, small groups & individuals.

Be Challenged
Increase Your Activity
Enjoy Improving Your Health



- ◆ Passionate about Bringing the fun back to fitness.
- ◆ Inspires folks to the importance of prevention.
- ◆ Is the creator of Just Muv Consulting.
- ◆ Author of the interactive health & wellness book called Launch Fitness.
- ◆ She has a diverse background in physical therapy and is a personal trainer.
- ◆ Health educator & program director which adds depth to the programs I create.
- ◆ She has years of experience as a personal trainer/group trainer for one of the largest fitness clubs in the U.S
- ◆ Enjoys opportunities to present and create & teaching innovative classes.
- ◆ Regularly conducts fitness demonstrations, and running child sports camps.
- ◆ Working on projects involving condition specific outreach & advocacy (cancer, mental health, childhood obesity).
- ◆ Believes that linking health promotion to social opportunities for engagement
- ◆ Possesses an MS in Public Health, and a B.S in Fitness & Wellness.

Sitting is so Overrated!!!

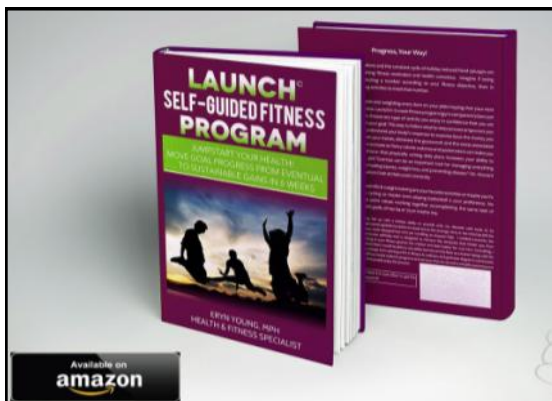
Passionate Informed Humorous Experienced

A Refreshing Approach to Health

Hands-on Presentations Practical Takeaways

Fitness Equipment Included

Listen Learn Try Improve



BOOKING ME FOR YOUR NEXT ENGAGEMENT (909) 312-6267

SPEAKING & FITNESS DEMONSTRATIONS CONDUCTED BY ERYN

Uniquely Designed Women's Retreat M.B.C Tahoe, Ca
 Healthy Kids Network Inland Empire Health Plan
 National Women's Health Week Spotlight WomenHealth.gov

Healing Oasis of Health Fair Riv. Center for Spiritual Living Ctr.
 Guest Speaker Healthy Heart Workshop Hearts of Color
 Business In America New Delhi, India exchange student from business Inst.
 Heart Ambassador Workshop Presenter American Heart Association



MONTH AT A GLANCE	12	13	14	15	16	17	18
	3-4 PM Kickboxing 4-5 PM Cross Training 5-6 PM Insanity	6-7 PM Bootcamp 7:30-8:30 PM Martial Arts	6-7 PM Self-Defense 7:30-8:30 PM Kickboxing	4-5 PM Martial Arts 6-7 PM Bootcamp 7-15 PM Kick That Habit	6-7 PM Self-Defense 7-8 PM Aerobics 7:30 PM Basketball		5-6 PM Zumba
	19	20	21	22	23	24	25
	3-4 PM Kickboxing 4-5 PM Cross Training 5-6 PM Insanity	6-7 PM Bootcamp 7:30-8:30 PM Martial Arts	6-7 PM Self-Defense 7:30-8:30 PM Kickboxing	4-5 PM Martial Arts 6-7 PM Bootcamp 7-15 PM Fighting Cancer Naturally	6-7 PM Self-Defense 7-8 PM Aerobics 7:30 PM Basketball	3-4 PM Dance Aerobics	6 PM Fighting Cancer Naturally (Pt. 2)
	26	27	28	29	30	31	
	3-4 PM Kickboxing 4-5 PM Cross Training 5-6 PM Insanity	6-7 PM Bootcamp 7:30-8:30 PM Martial Arts	6-7 PM Self-Defense 7:30-8:30 PM Kickboxing	4-5 PM Martial Arts 6-7 PM Bootcamp 7-15 PM The Full Plate Diet: Eat More, Weigh Less	6-7 PM Self-Defense 7-8 PM Aerobics 7:30 PM Basketball	5-6 PM Zumba	

Mt. Rubidoux SDA Church
 8320 Victoria Avenue
 Riverside, CA 92506
 (951) 276-2744
 www.mtrubidouxsda.org

Sickle Cell Education Series

LOMA LINDA UNIVERSITY
 MEDICAL CENTER EAST CAMPUS

LOMA LINDA UNIVERSITY
 Possibilities

Workshop Guest Speaker
 OCTOBER 23, 2014

Click here:
 Eryn Young's Bio
 JustMuv

Hearts of Color, Inc

Copyright © 2011 Hearts of Color and Hearts of Color, Inc



Available for Special events, Workshops, and for Weekend Retreat Engagements

BOOKING ME FOR YOUR NEXT ENGAGEMENT (909) 312-6267

PROGRAMS & EVENTS

Resistance Training Workshop– **Lifswitch Wellness Program**

Activity Session Coordinator– **UJIMA Project Event**

Fitness Demonstration– **NAACP Health Fair**

Be Well & ACT Up Series– **Just Muv Consulting**

Bi-Weekly Cross Training & Aerobic Classes– **Mt Rubidoux Cross
Fit Exercise Series**



Onsite Health
Education



Health Fair Fitness Checkup
with **Mayor Debbie Franklin**



Retreat Fitness Programming



Ali Vincent
Biggest Loser, NBC



BOOKING ME FOR YOUR NEXT ENGAGEMENT (909) 312-6267

RECOMMENDATIONS, MEDIA & CONTACTS

We Offer Affordable Pricing Based On Program Size, Needs & Goals

Eryn brought excellent information and lots of energy to the program. We could not have been as successful as we were without her. I was able to take some of her ideas to another group and the students were very enthusiastic

—Mayor Debbie Franklin, Healthy Happy Hooper Pilot School Based Program

What can I say about Madam Eryn Young? personable, approachable, friendly, in tune, attentive, lively, always smiling, etc. I could go on and on. From my experience, Eryn is a dynamic and fabulous trainer. I enjoyed my training experience with her and am happy to report that she helped me lose 25lbs. She will deliver a healing and empowering workout, each and every session. -Anthony S. Training Client

Everyone enjoyed the presentation and wanted a follow-up meeting
- Joyce Fairman, President of Hearts of Color

(951)823-3201 Office (909)312-6267



Just Muv Wellness



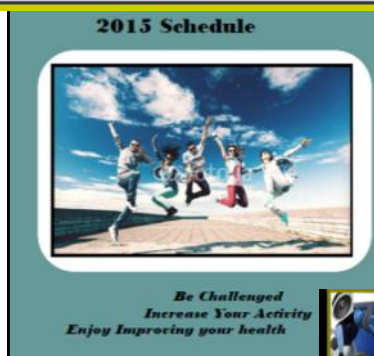
Just Muv Fit



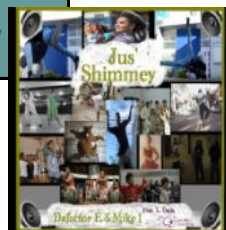
MuvrnSh8kr



Millionways2muv



On
Itunes



BOOKING ME FOR YOUR NEXT ENGAGEMENT (909) 312-6267