

Liven up your lineup with Mandy DiMarzo & BURN!



Choose any segment option, or a combination, to suit your audience. Mandy is available for both live and pre-recorded segments in-studio or from home.



Segment #1 - MOVEMENT

Mandy demonstrates simple, but effective compound exercises that anyone can do anywhere with zero (or minimal) equipment. Health & wellness should not be considered a luxury - it's for everybody with every body.

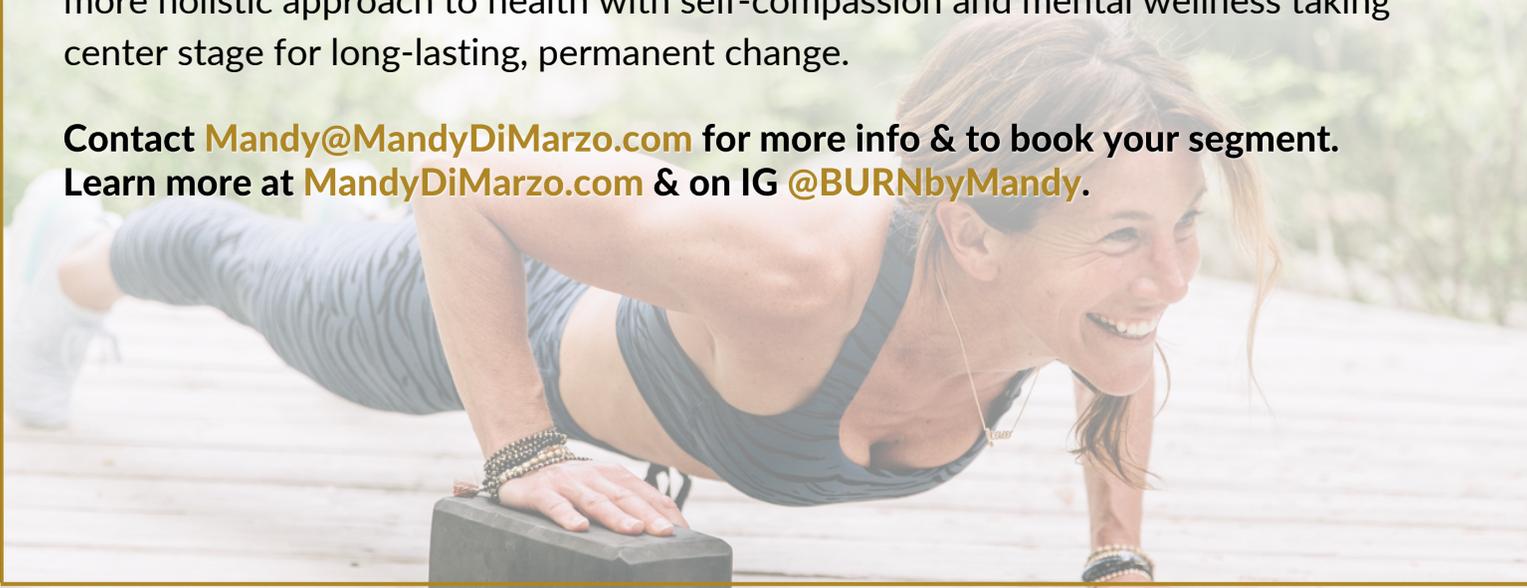
Segment #3 - REDEFINING "HEALTHY"

"Healthy" is often defined as thin, but it doesn't have to be this way. Mandy discusses "diet culture," the obsession with numbers, and how we can shift our mindset towards a more holistic approach to health with self-compassion and mental wellness taking center stage for long-lasting, permanent change.

Contact Mandy@MandyDiMarzo.com for more info & to book your segment. Learn more at MandyDiMarzo.com & on IG [@BURNbyMandy](https://www.instagram.com/BURNbyMandy).

Segment #2 - MANDY'S JOURNEY

Mandy discusses her past struggles with an eating disorder and exercise addiction as a top-level athlete in competitive soccer, triathlon, and marathon running and how she has overcome them (and many injuries) to be the healthiest version of herself mentally and physically.





ABOUT

Mandy DiMarzo & BURN!

Mandy DiMarzo is a woman who knows what it means to be resilient. As a competitive athlete, Mandy thrived outwardly, but privately she battled an eating disorder and countless overuse injuries for over a decade. While she collected many medals and accolades, she was breaking.

Mandy had recognized that “being someone who was trying to hide, shrink and diminish my self worth to a number was the least self-loving thing I could do.” She turned inward and began focusing on strength and health rather than size and the desire to take up space and honor her body.

Mandy is empowered by her own journey and is determined to light the way for others, so they don't suffer alone, and she wants to inspire them to own their strength and their space in this world. Through her motivating and challenging online BURN workouts,

Mandy encourages everybody with every kind of body to move and find empowerment in hard efforts! You don't need a lot of equipment, a gym membership, or a personal trainer to reach your goals. You just need to put yourself on the list and be your own agent of change.

Her BURN community spans the globe in over 50+ countries & 2,100 cities. It's more than a workout. It's the message in the sweat. Knowing that you are entirely up to you, and you have the ability to grow through anything you go through. Mandy is a living testament to this mantra and she is fiercely determined to motivate, inspire and help others find the same strength and beauty within themselves.

Contact mandy@MandyDiMarzo.com for more info & to book your segment. Learn more at MandyDiMarzo.com & on IG [@BURNbyMandy](https://www.instagram.com/BURNbyMandy).

