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Hawk on Health

Heather Hawk National Health and Fitness Authority

ST. LOUIS (May 3, 2006) – For the millions of Americans looking to live a healthier lifestyle in the midst of their busy lives, health and fitness authority Heather Hawk offers realistic solutions. A native St. Louisan, Hawk, increases her national presence encouraging a fit and healthy lifestyle for families, business people, athletes and senior citizens.

“It has always been my goal to help others realize the value in maintaining a healthy lifestyle,” said Hawk. “With St. Louis rated as one of the unhealthiest cities, the relevance of my message is evermore significant. Over the past ten years my radio show as well as my national and local television segments have been the primary avenues used to deliver essential information about a fit and healthy way of life. I am excited to continue sharing this information on a greater level as awareness of health and fitness topics continues to rise.”

Hawk’s nationally syndicated radio show currently reaches from Chicago to Honolulu. Her 60-minute weekly radio show focuses on health and fitness topics in a discussion or interview format and can be heard on local ESPN affiliate stations. Hawk has hosted a health and fitness radio segment since the age of 17.

“Heather is the real deal,” Wayne L. Winter, President of the Missouri Chapter of the American Liver Foundation. “She is a beautiful bundle of energy with a heart of gold. She combines the poise and professionalism of a seasoned veteran with the ambition and vitality of youth.”

This spring Hawk shares her health and fitness expertise as a certified personal trainer in “*I Now Pronounce You*”...*Fit for a Wedding* with women looking to shape up for the big day. Hawk’s wedding workout video includes three 10-minute workouts that can be done separately or together, skin care, nutrition and cardio tips for fast results.

“As I planned my own wedding recently, I realized the impact exercise has on relieving some of the pressures associated with planning a wedding,” said Hawk. “*I Now Pronounce You*”...*Fit for a Wedding* allows women the convenience to work out in the midst of their busy schedule.”

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Heather Hawk

As an advocate for the American Liver Foundation, National Down Syndrome Society, Muscular Dystrophy Association, Life Skills Foundation and the Spina Bifida Association of America, Hawk speaks publicly to raise awareness for these important groups. In recognition of her efforts, the American Liver Foundation named Hawk Media Person of the Year in 2000. Her commitment to community involvement is rooted in her own battle with spina bifida as a child, which quickly taught her the importance of strengthening the muscles that support the spine to alleviate her pain. From there she built a strong body and a passion to help others achieve their health and fitness goals.

Hawk graduated from Washington University's John M. Olin School of Business with a bachelor of science in business administration and marketing. Together with her personal training certification from the American Council for Exercise (ACE), Hawk combined her business savvy and passion for health and fitness to build Hawk on Health, LLC.

Founded in 2002, Hawk on Health, LLC., promotes the significance of fitness, nutrition, wellness and medical issues encompassing every aspect of the Health and Fitness industry. Her company has helped reach millions through her nationally syndicated radio program and television broadcasts, emphasizing lifestyle friendly health and fitness solutions.

For interview opportunities and more information, please call Michelle Kuehler at (314) 518- 0163 or visit <http://www.hawkonhealth.com>.