



# LOZ'S MEDIA KIT





# BIO

Hi, I'm Lauren,  
but you can call  
me Loz.

## I AM A SUCCESSFUL:



Seven-figure  
**BUSINESS-  
WOMAN**



Certified  
**PERSONAL  
TRAINER**



Certified  
**LIFE  
COACH**



Certified  
**PILATES  
INSTRUCTOR**



Certified  
**WEIGHT &  
WELLNESS COACH**



Certified  
**MINDFULNESS  
PRACTITIONER**



Award-winning  
**BIKINI FITNESS  
MODEL**



Award-winning  
**HEALTH  
ADVOCATE**



I am passionate about fostering healthy habits for life-long success and am an energetic digital media influencer with a life goal to inspire people to discover authentic joy, experience the beauty within, and to live as the best possible versions of themselves.



**Living in Australia, I lead a remarkably productive and fulfilled life.**

After living a life with challenges such as being overweight, struggling with depression, losing my first husband to suicide and having suffered multiple health problems (including a hole in my heart), I have authored "The Healthy Habit Handbook" – a brand new book that inspires readers to improve their happiness, health and vitality by shifting their daily habits.



Author Loz Antonenko knows what it feels like to lack motivation and crave change without knowing how to define, let alone how to achieve desired outcomes. After battling a variety of health issues, her life has turned itself on its head.



She's climbed one of the tallest mountains in the world

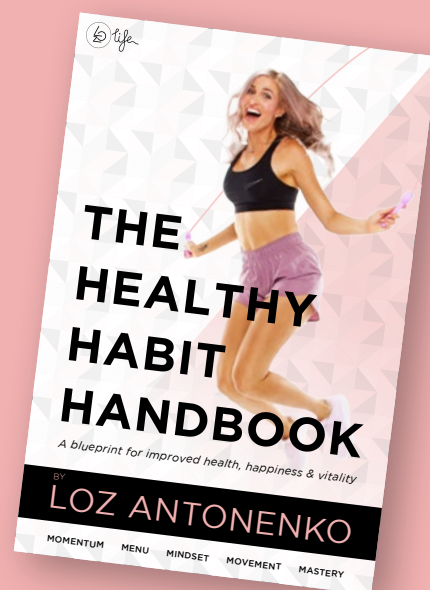


She's skydived over a glacier



And competed in bodybuilding competitions.

**In THE HEALTHY HABIT HANDBOOK, Loz shares how she conquered her deepest fears, built up her self-esteem, and seized success.**



# THE HEALTHY HABIT HANDBOOK

This book will guide you through the hurdles and lead you through a blueprint to living your life to the fullest.

**LEARN MORE**





# PODCASTS

LozLife's podcasts have been commanding the airwaves with audiences eager to stream the next instalment.

LEARN MORE



On the  
**HEALTHY HABIT  
HOTSEAT**  
Loz speaks with



World-leading  
**HEALTH EXPERTS**



Olympic  
**MEDALLISTS**



Champion  
**ATHLETES**



Exceptional  
**ENTREPRENEURS**



**BIOHACKERS**



**BODYBUILDERS**

Diving deep into the daily intricacies of their lives, Loz discovers what habits lead to success, which ones don't and shares them with her audience.





These packages suit those who want to



LOSE FAT



BUILD A  
BOOTY

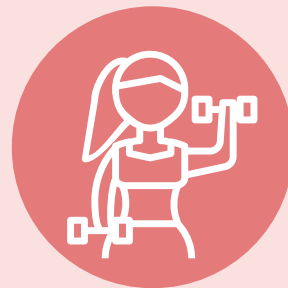


BUILD  
MUSCLE



TONE UP

Easily downloaded, these step by step programs suit anyone's timetable at an affordable price, making them extremely popular.



# FITNESS PROGRAMS



Female



Male



Beginner



Advanced

There's a fitness program for everyone available on

**LOZLIFE.COM**

to convert all body shapes

LEARN MORE



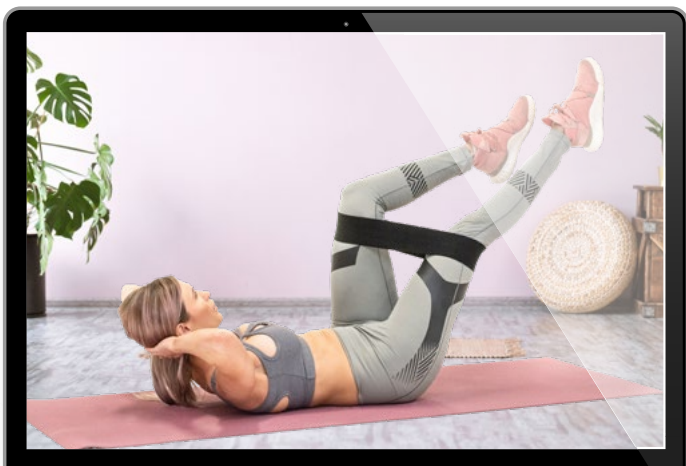


The  
**LOZLIFE YOUTUBE  
CHANNEL**  
shows a vast array of:



# YOUTUBE VIDEOS

Loz is impressive in front of a camera  
with her energy emitting through  
the screen.



**FITNESS  
CHALLENGES**



**WEBINARS**



**PREVIEW  
COURSES**

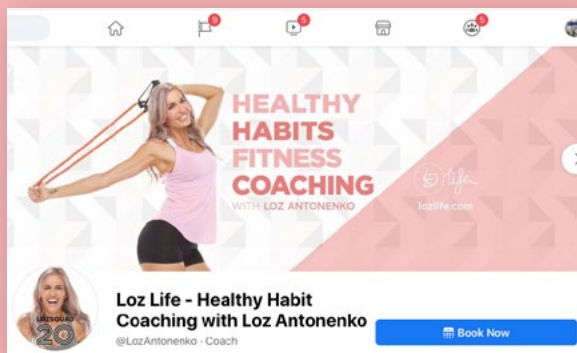


**PREVIEW  
PRODUCTS**



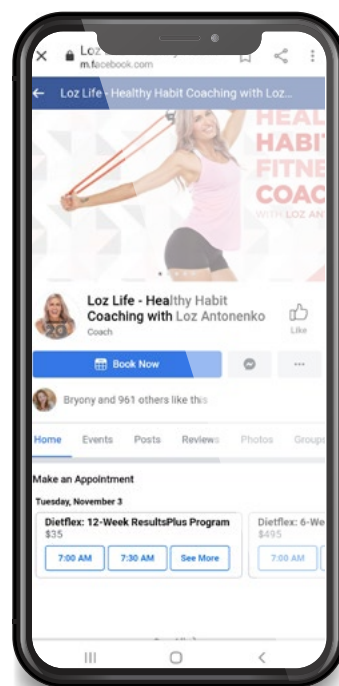


# COMMUNITY ON FACEBOOK



**Engagement and networking is second nature to Loz.**

With several Facebook Pages and Groups, LozLife engages with potential and existing clients, adding value to every product.







To find out more

**GET IN TOUCH**



I look forward to  
sharing your

**JOURNEY**

X The Loz logo, featuring the word 'Loz' in a stylized, cursive font with a crown above the 'o'.

[lozlife.com](https://lozlife.com)