

CONNECT YOUR BRAND



TO WOMEN IN HEALTH AND WELLNESS

85%

Women make 85% of the purchasing decisions in America

\$4.4 TRILLION INDUSTRY

The Health and Wellness Industry Is Worth \$4.4 Trillion with an annual growth rate of 9.9%

SBA WOSB
Woman Owned Small Business

BROAD AUDIENCE REACH

Promotional Campaigns:

Articles - Blogs - Vlogs reach over 1 million online distribution & 1/4 million subscribers



310-645-9756

28625 S Western Ave #125
Rancho Palos Verdes, CA 90275



1 MILLION DISTRIBUTION

**Your Brand Featured on
Dr Fitness USA THE SHOW**

1 million distribution

www.DrFitnessUSA.com
info@DrFitnessUSA.com



MISSION STATEMENT

To empower people with the tools and resources they need to attain optimal physical and mental well-being and become their best selves. We are dedicated to fostering long-term lifestyle transformations that enhance overall wellness, enabling our clients to thrive in all aspects of life.



MEET THE FOUNDERS

BATISTA GREMAUD

HEALTH INFLUENCER, Number 1 Best Selling Author, Freelance Writer with a weekly column in The Heart Of Hollywood Magazine. Her articles have been published in The Los Angeles Tribune Magazine and the Authority Magazine; she is a featured expert empowerment speaker and the host/producer of Dr Fitness USA THE SHOW. She is a certified Women-Owned Small Business (WOSB.)

STEPHEN HERCY AKA DR FITNESS USA

International Body Designer, number one best-selling author, and recognized professional empowerment speaker as a pioneer for his successful work with pain management, postural realignment, and increasing strength in one's body by 20% to 50% in 20 minutes, which calms down the nervous system and releases stress. Co-Host of Dr Fitness USA THE SHOW.



HI, I AM BATISTA

I am a former professional dancer who suffered many injuries. When I started working with Stephen Hercy, aka Dr Fitness USA, my backache of 30 years was gone in just a few weeks. I also recovered from all my other injuries very rapidly. Consequently, I spent over a decade researching his protocol, finally married Stephen, and founded the Body Design Formula Company.

We are a husband and wife team that firmly believes in the inherent ability for anyone to enjoy vibrant health and fitness, regardless of their age, provided they are given the appropriate resources and guidance. Our philosophy revolves around educating and empowering individuals with the necessary tools to succeed in their wellness journey.

"As a Doctor, I determine your age not biologically but by the condition of your spine. With Dr Fitness USA's proper ergonomic strength training techniques, you can be 80 years old but have the spine of a 20-year-old." Dr. Orpelli

**IF YOUR MIND CAN CONCEIVE IT, AND
YOUR HEART CAN BELIEVE IT, THEN
DR FITNESS USA
CAN HELP YOU ACHIEVE IT!
STEPHEN HERCY AKA
DR FITNESS USA**



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Top 10 Reasons to sponsor Dr Fitness USA THE SHOW



1. You will benefit from the brand equity, media, and tremendous following in the health and wellness sector Dr Fitness USA created.
2. Your brand is featured on THE SHOW - 1 million online distribution.
3. We invite your company representative to speak on THE SHOW.
4. Your brand is featured in articles published in our media partners' publications - 1/4 million subscribers - 1 million distribution
5. We write and publish articles, press releases, and blogs about your brand.
6. We recommend/endorse your brand to our 132,000+ followers.
7. We do product placements, recommendations, endorsements, blogs, vlogs, contests, and giveaways.
8. Enhance your cause-related marketing by participating in presentations and streaming events that benefit the community and promote a healthy lifestyle.
9. We'll give you the exclusive in your category.
10. We'll hyperlink your logo on our official website.



Seeing On
EZWay Network, Roku,
EMBC TV Network,
iHeart Radio



Articles Published In
Heart Of Hollywood,
LA Tribune, Authority,
In The Limelight,
EZWay Magazines



"Batista Gremaud is a contributor to our Heart Of Hollywood Magazine. Her work always goes above and beyond our expectations. She knows what's important to our company and our customers. We continue working with her on ongoing projects and recommend anyone else do the same!"

Giovanna Salas - Heart Of Hollywood Magazine, CEO

Promote Your Brand To Our Networks

- Dr Fitness USA THE SHOW combined distribution = 1 million
- Weekly articles on our Heart Of Hollywood Magazine partner's site = 1 million online distribution and 1/4 million subscribers
- Cross-promotion between all the networks connected with our daily social media campaigns of 132,000 followers ensures maximum exposure for sponsors to maximize communication with an audience comprised of primarily women consumers in the health and wellness sector, building brand awareness and increasing the use of your products and services while promoting a healthy lifestyle and supporting a Women's Owned Small Business (WOSB).

Social Media Followers
132,100



Youtube: 12,300
IG: 84,100
LinkedIn: 7,000
Facebook: 6,500
TikTok: 22,200

DR FITNESS USA THE SHOW

DESIGNED TO UPLIFT AND INSPIRE A SOCIETY OF HEALTHIER AND STRONGER PEOPLE AND SOLVE OUR SOCIETY'S LACK OF PHYSICAL LITERACY. BY EXPANDING OUR VISION OF EXERCISE, WE INTERFACE IT WITH MEDICINE, BRIDGING THE GAP BETWEEN BUSINESS, FITNESS, AND MEDICAL PROFESSIONALS.



The Health and Wellness industry is worth \$4.4 trillion.

This is the global market's value as of 2022; experts predict an annual growth rate of 9.9%.

The growing burden of physical and mental diseases such as cancer, depression, anxiety, and numerous others has a significant role in developing this trillion-dollar industry.

Women comprise over half of the U.S. population and control or influence 85% of consumer spending. Dr Fitness USA enables sponsors to market to this growth community with tremendous consumer needs and control over \$31.8 trillion in worldwide spending and more than 60% of all personal wealth in the U.S!

DEMOGRAPHICS

Age: 35 to 65

Gender: 75% Women

Distribution: Online / Global

Primary Region: USA - Canada

Socio-Economic: Middle - Upper Class

Interest: Health & Wellness - Anti-Aging - Personal Development - Business

Spending Habits: Activewear, Organic food, Supplements, Self-care, Wellness services, Beauty, Fashion, Jewelry, Cars, Travel, Technology



"Batista and Stephen are fantastic show hosts and excellent communicators! Their production knowledge and expertise made the process relaxing, enjoyable, and relevant to our audience."

Joy Cooper, Keynote Speaker, Survivor

Batista is a true professional- Her expertise is far above industry standards. She brings out the best in people naturally and enhances the experience further with her freelance writing skills. She is the complete package deal, and I highly recommend her as she ALWAYS goes above and beyond expectations!

Francois Lupien, High Performance Coach



Batista Gremaud: 310-645-9756 - info@DrFitnessUSA.com

WHAT PEOPLE ARE SAYING



DR. ROSITA TAN, D.M.D.

"Three surgeons recommended I have immediate surgery on my shoulder. I would have had to close my dental practice for eight months. Instead, I worked with Dr Fitness USA. With no surgery, I've been pain-free ever since, and I am stronger than ever. Dr Fitness USA saved my business!"



BERNY DOHRMAN, CEO SPACE INTERNATIONAL FOUNDER

"The exceptional quality of the work Batista delivers demonstrates leadership forward contribution and value every single leader must embrace. I recommend that all leaders invest in Dr Fitness USA for 100% results to increase mental clarity and decision making."



BRITTANY BRAVO, HOME MAKER

"I was bedridden for years, suffering from pain, and nothing I did helped. I started feeling good in just one week on the Dr Fitness USA program. In 3 months, I was unstoppable. I am so grateful to get back to my work and do things with my kids I haven't been able to do in years!"



DR. BRUCE BARTON M.D., F.A.C.O.G.

"Rarely in this life does one have the opportunity to meet such an extraordinary person whose capabilities far exceed the rest of us! Stephen Hercy is one of these rare individuals who has dedicated his life to the betterment of our lives collectively. Our heartfelt thanks and appreciation for allowing us to learn from him and reap the benefits of genuinely healthy bodies and joy in life."



SUSAN BAKE, CONSUMER

"Dr Fitness USA, THE SHOW, offers such inspirational content. I learn something new every time. I always catch every episode." Susan Baker, Consumer

PARTNERS

BOOKS



**"Feminine Body Design: A book long overdue in the self-development community."
Edward Rapka - consumer**



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SPONSORSHIP YEAR-ROUND MULTIPLE BENEFIT PACKAGES

As part of the multi-trillion-dollar global wellness industry, 9 out of 10 Americans practice self-care, and a third have recently increased their self-care activities. Studies show that women comprise 85% of consumer spending. They have tremendous consumer needs and purchasing power, are loyal customers, and recommend their favorite brands to friends, family, and business associates.

A customized package will be created for each sponsor according to the following guidelines. All sponsors receive a detailed sponsorship report quarterly.

YEAR-LONG BENEFITS PACKAGE

Your brand is featured in the credits of Dr Fitness USA THE SHOW throughout the year. Your company representative is featured on a 5-minute segment. We write 1 article and publish it on one of our partner's platforms. We mention your brand to our social media followers. We hyperlink your logo on our official website.

Your brand is featured in the credits of Dr Fitness USA THE SHOW throughout the year, with a 15-second commercial in every episode. We invite your company representative to speak for a 10-minute segment. We write 1 article about your brand and publish it in one of our partner's publications. We recommend your products and services to our social media followers. We hyperlink your logo on our official website.

Your brand is featured in the credits of Dr Fitness USA THE SHOW throughout the year, with a 30-second commercial in every episode. We invite your company representative to speak for a 15-minute segment. We write 2 articles about your brand and publish them on one of our partner's platforms. We do product placements and recommendations, blogs, and giveaways. We hyperlink your logo on our official website and give you exclusivity in your category.

You are the presenting sponsor of Dr Fitness USA THE SHOW. Your brand is featured first and most prominently on every episode throughout the year, including a 60-second commercial in every episode. Your company representative is invited to be a featured guest. We write 3 articles and publish them in one of our partner's publications. We do product placements, recommendations, endorsements, blogs, vlogs, contests, and giveaways. We hyperlink your logo on our official website and give you exclusivity in your category.

Charitable Partner: The Teen Suicide Prevention Foundation

A portion of the proceeds will be donated to The Teen Suicide Prevention Foundation, a 501 c(3) non-profit organization, and sponsor fees may be tax deductible.

This is an excellent opportunity to join the movement toward physical, mental, and emotional wellness through cause-related cross-promotion while increasing brand awareness.

Contact us and connect your brand with this growing market. Call now and join in the success!



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**CONTACT US TO CONNECT YOUR BRAND WITH
THE PROFITABLE, BRAND-LOYAL COMMUNITY
OF WOMEN IN THE FAST-GROWING
HEALTH AND WELLNESS SECTOR.**

**CONTACT US
BODY DESIGN FORMULA**

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www.DrFitnessInternational.com
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28625 S Western Ave #125
Rancho Palos Verdes, CA 90275

