

ABOUT LORI SCHAEFER, IN THE EQUATION:



- **Motivational Speaker • Transformation Coach**
- **Wellness Blogger • Featured on NBC's The Biggest Loser**

Lori Schaefer is a successful business owner, motivational speaker, health and transformation coach and wellness blogger. Through her own personal transformation story, Lori inspires and energizes others to achieve optimal health and wellness, and transformative change in their lives.

Lori shed 211 pounds, 11 dress sizes and took control of her health and happiness – and in the process she learned how to live a WHOLE life, not just a busy one. Her story resonates with individuals who want to put themselves in the center of the equation of their own lives and reach their greatest potential – whether that's losing weight and getting fit, facing down a radical life change, or changing their lifestyle to address a health challenge.

In January 2015, Lori shared her at-home transformation success story on NBC TV's The Biggest Loser. Her story has also been featured in Women's Running Magazine, the Star Tribune, KSTP TV's Twin Cities Live, Minnesota Monthly Magazine, Duluth Superior Magazine and more.

This year, Lori is launching a series of In the Equation Transformative Wellness Coaching programs aimed at helping others achieve the same-life changing transformation she's achieved.



To Learn More:

Visit intheequation.com or contact Lori Schaefer at lori@intheequation.com or 612-341-4185.

