

Julie Voris

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Julie Voris has a mission: helping women live life to the fullest, through healthy lifestyle tips, expert nutrition plans, and a motivational attitude. Voris equips women with simple online workouts and nutrition guides that can truly transform your everyday life. Julie was one of the trainers featured in the nationally released Insanity training videos, TurboKick training videos, and the P90X2 home workout. She is a 15 Star Diamond Coach and 9X Elite Beachbody coach, an honor that only one other coach - out of over 400,000 - can claim.

A passionate advocate of women in the fitness field and beyond, Julie is tearing down old barriers with the ever-present hope that in the future, women will feel secure in their balance of fitness, motherhood, and business. Julie lives in Carmel, Indiana with her husband, Jeff Voris, and their three young daughters, Jenna, Josie and Jessy.

Why Julie Voris?



- Julie believes that healthy living doesn't have to be complicated, and she's committed to inspiring others to chase after their best life through fitness.
- As a fitness instructor and Beachbody Master trainer, she has worked side-by-side with some of the top fitness experts in the country including, Chalene Johnson, creator of TurboKick and TurboFire, Shaun T, creator of the Insanity and Insanity Max30 workouts and Tony Horton, the genius behind the P90X phenomenon.
- Voris is passionate about Team Beachbody and for the past eleven years, has worked hard to share that passion with others. Julie has been featured in the nationally released Insanity training videos, TurboKick training videos, P90X2 home workout, Shaun T's Insane Focus program and leads workouts to audiences topping 20k.
- Julie has trained thousands of aspiring fitness instructors in multiple formats all across the country. She now looks to expand her "Tribe" by equipping women with the tools and personal support to take control of their lives by building their businesses and contributing to their household.
- Julie shares interactive fitness and motivation to over 75K social media followers combined. She is providing easy-to-follow tips on her blog where loyal readers can find pragmatic advice and inspirational messages daily.
- As a busy wife and mother herself, Julie is no stranger to the challenges that come with balancing a healthy life and a family life. With three very active girls and the head football coach of Butler University for a husband, Julie understands the stressors that come with everyday life.

“I first met Julie at the Fishers YMCA and knew immediately she was the real deal... Because of her my life is better... Oh yeah, and I've been down 20lbs for 2 years now. Thank you, JV, for believing in me and helping me realize #YesYouCan!”

- Angie Michel-Barnes, Beachbody Participant

Potential Topics

- Women's Interest, including:
 - Make Showing Up Your Superpower
 - Setting Goals that Scare You
 - Finding a Virtual Support Group
 - Establishing Goals that Matter
 - How to Get Back on Track
- Wellness and Fitness, including:
 - Fitness Over 40
 - Instilling Fitness in Your Children
 - Finding Time to Workout as a Busy Mom
 - Use Fitness as a Point of De-stress Not a Stresser
 - How to Workout Along Effectively
- Career and Women in Business topics, including:
 - The Importance of Coaching Coaches
 - True Sense of Balancing and Juggling



“*The biggest hurdle I've overcome is the thought that if it's too hard or scary I shouldn't do it. I've never felt more empowered to prove that anyone can do anything, no matter what their gender, age, race, fitness level or size. I couldn't feel any prouder to teach this to my children.*”
- Jamie P., Beachbody Coach