

Shondelle Solomon-Miles Synergize! Founder & Fat Loss Expert

Shondelle Solomon-Miles is a renowned personal trainer, author and fitness evangelist. She established Synergize!, a multifaceted semi-private personal health and fitness mecca specializing in body fat loss and weight management for adult men and women, in Hollywood, Florida in July 2006. Since then, Synergize! has been voted as having Hollywood's best fitness instruction every year by readers of the Hollywood Gazette. Solomon-Miles has also been recognized by the Hollywood Chamber of Commerce as a Small Business Person of the Year Nominee and was voted 'Best 40 Under 40' by *Success South Florida Magazine* in 2008.



For nearly a decade, Solomon-Miles has helped hundreds of men and women achieve their weight loss and fitness goals via semi-private training sessions and her signature, outdoor group weight loss program, Fat-Blaster Weight Loss & Nutrition Camp.

Author of *The Ultimate Fat Loss Guide, 18 Strategies for Blasting Away Stubborn Body Fat*, Solomon-Miles asserts that effective and permanent weight loss is the manifestation of a healthy mind, a "detoxed" body, supportive nutrition, moderate exercise, and effective stress management – the five drivers that compose the Synergize! philosophy. She also believes that misinformation and lack of enjoyment are the two primary elements that prevent individuals from attaining their weight loss goals, and has made it her mission to help clients overcome these obstacles.

Solomon-Miles' no-nonsense, enjoyable approach to health and fitness is built upon an extensive educational background that includes the following achievements:

- Masters of Science Sports Medicine, University of Miami – 2003
- Personal Trainer, National Association of Fitness Educators (NAFE) – 2002
- Personal Trainer, National Council of Strength and Fitness (NCSF) – 2002
- Strength and Conditioning Coach, National Strength and Conditioning Association (NSCA) – 2000
- Health and Fitness Instructor, American College of Sports Medicine (ACSM) – 2000
- Personal Trainer, National Academy of Sports Medicine (NASM) – 1999
- Precor Spinning Instructor – 1999
- Bachelor of Arts, Psychology/Pre-Medicine, Columbia University – 1996
- Personal Trainer, American Council on Exercise (ACE) – 1996
- Personal Trainer, National Academy of Sports Medicine (NASM) – 1996



www.synergizeweightloss.com