

# JAMI LYNN APPENZELLER

**Founder and Publisher/Owner**  
*PhillyFIT and JerseyFIT Magazines*  
*And the PhillyFIT BASH! (charity events)*



## **Professional Credits**

- Publisher/Owner, *PhillyFIT* and *JerseyFIT Magazines*, (4 Years)
- Founder/Manager of PhillyFIT Bashes Health and Fitness Shows
- Previously Published *Philly Health and Fitness Magazine* (8 Years)
- Managing National Training Institutes throughout United States
- Spokes Model for Miller Brewing (3 Years)

## **Recent Radio Guest Appearances**

- 1210-AM Talk “To Your Health”
- 106.1 Smooth Jazz with Michael Tozzi
- 94.1 WYSP “The Barskey Show”
- Comcast SportsNet - “The Angelo Cataldi Show”
  - WDAS 105.3 radio
  - CN8 The Lynn Doyle Show
  - FOX 29 – Good Day Philadelphia
  - NBC 10- The TEN SHOW

## **News Credits**

- *The Philadelphia Inquirer, Bucks County Courier Times, FOX News, NBC10 TV Show, CN8’s Lynn Doyle Show, Yardley News*
  - Lower Bucks County Chamber of Commerce “Career Women on the move” guest speaker and workshop leader on “how to add sizzle to your 30 second commercial”

## **Personal Health and Fitness Awards**

- Active since Early Childhood and Winner of Presidential Award in Physical Fitness
- Champion Equestrian in England - “Poly Club Champion” for 3 consecutive yrs.

## **Recent Awards**

- March of Dimes Excellence in the Community
- Mayor’s Council on Fitness Partnership

## **Recent Speaking Engagements**

- Jewish Business Entrepreneurs Group
- Women’s Opportunity Resource Center

## **Overall Goal**

- Publishing Localized Version of *PhillyFIT Magazine* in Cities throughout the United States