



Louise Green

Health & Wellness

Louise Green is a globally recognized plus size athlete, trainer and advocate. Green singlehandedly knocks negative weight stigma flat on its erroneous ass. As a “Plus Size Ambassador” for athletes in a culture that refuses to acknowledge larger bodies, Louise is living proof that society’s beliefs regarding the physical limitations of atypical bodies are false.

A sought after trainer, speaker and writer, Green is an expert contributor to the media, professionals and brands who are open to a new paradigm of fitness and health.

In 2008, Green founded Body Exchange: a revolutionary fitness program dedicated to the plus-size community. Green has since coached over a thousand women to unleash their inner athlete. Green’s work has been featured in The Wall Street Journal, The Huffington Post, Refinery 29 and Upworthy. Her upcoming book “BIG FIT GIRL” challenges society to ponder a more inclusive fitness culture and helps women realize that living your athletic dreams can happen in the body you have NOW. As the body-positive revolution continues to fuel, you will find Green at the helm championing every‘body’ to chase their athletic dreams.

Presenting Sponsor

