



Life is a Gift



Explore
the
Possibilities



Anita White Barbero
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barberoent@optonline.net
www.renewwithanita.com

Health Talks

Lectures - Workshops - Retreats

The Importance of Solitude

A Weekend Retreat

Learn how the importance of solitude becomes the essence of who we are and the lives we eventually lead. This workshop will empower you with all you need to begin a life of serenity.

Renew Your Health

This workshop has it all, a dynamic presentation including all of those areas that will help you renew your health by rebuilding your strength and refreshing your spirit. Clear, easy to follow steps integrating healthy eating, right exercise and solitude for a healthier you is the focus. Be open, be ready, be willing because this workshop could begin to renew and refresh your life!

Osteoporosis

Educate yourself. Prevent or halt Osteoporosis with more than just medication. It may take some work on your part but the benefits outweigh the effort. Better bone density results and a stronger you! You will see with clarity how to change the results of a negative reading to a positive one. Essential and informative.

Turbo Charge Your Metabolism

Feeling a little sluggish? Looking down at your waistline and wondering what and why the change? Get the facts and learn how you can turn the rate of your metabolism up just by implementing some simple lifestyle changes. Definitely a power packed workshop that will energize and propel you to a new level.

The following lectures are done in conjunction with
Michelle Pouliot, Naturopathic Doctor

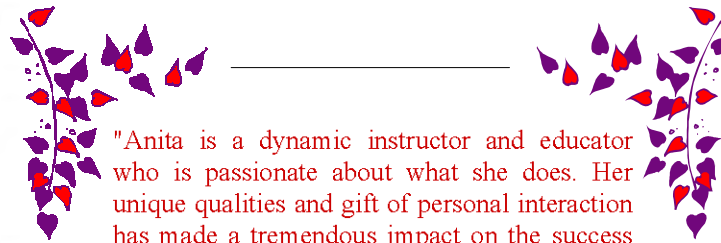
Menopause Naturally

Creating Vitality for Cancer Prevention & Treatment
The Truth About Cholesterol

Anita is also available to talk on other various wellness topics, some specific to women and teens. Lectures will also be tailored to fit your audience's needs.

What Your Audience will take from Anita's Health Talks!

Most definitely the listeners will walk away with an attitude of "I can take charge of my own health". Anita promises to transcend your audience to a new level of thinking about themselves and the present quality of their health. She believes in Fitness for a Higher Purpose, and intends to pass on factual information based on personal experience and proven techniques. The listener will surely walk away with tools to improve total health - mind, body and spirit. All will benefit.

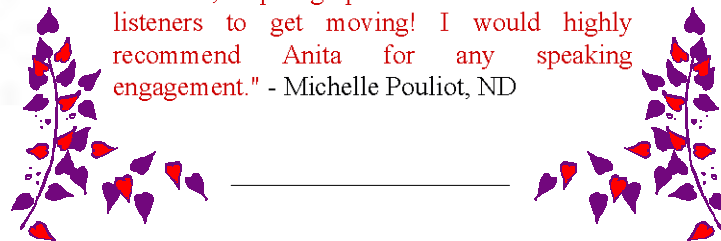


"Anita is a dynamic instructor and educator who is passionate about what she does. Her unique qualities and gift of personal interaction has made a tremendous impact on the success of ESPN's Health & Fitness Center." - Denise Leopoldino, B.S., C.S.C.S., ESPN

"Anita developed a personal fitness program suited to my needs. She is original, enthusiastic, knowledgeable and inspiring! I would recommend Anita highly as a workout consultant or lecturer in all areas inspiring the audience to higher levels." - Susan Saint James

"Anita is a dynamic speaker, well informed of her topic, and capable of coaching anyone in her presence to their next higher level of well being. Feedback from our customers was extremely positive." - New Morning Natural & Organic

"It is always a pleasure to do health presentations with Anita. She is a well informed, inspiring speaker who motivates her listeners to get moving! I would highly recommend Anita for any speaking engagement." - Michelle Pouliot, ND



Anita White Barbero has been involved in the areas of health and fitness for over twenty years. Educated in Anatomy, Physiology, Kinesiology, Biomechanics, and basic nutrition, Anita stays on the cutting edge of implementing healthy living to as many people as she can reach out to. Her specialties are personal training, group instruction, exercise rehabilitation, spiritual rejuvenation, and lecturing on those very topics of healthy living through lifestyle changes.

Anita ran her own business for 10 years and developed The Anita White Workout, teaching aerobic and fitness classes to adults and children. Recently, Anita developed and trademarked a fitness class called "Strength & Spirit"™. This class includes all fitness components as well as integrates body, mind and spirit. A certified Kripalu Yoga teacher in 2006, Anita continues to teach her passion to corporations such as ESPN and local communities around the State of Connecticut. Her newly refound passion is a live drum-dance class which she teaches with The Sounds of Afrika, (www.soundsof Afrika.com) a Connecticut based group of family drummers who also share a passion for the gifts they pass onto others.

When public speaking on the areas of health and renewal Anita is passionate, personal and very committed to helping others achieve optimal health and inner peace.

Strength & Spirit™

Imagine a workout including all of your fitness needs. This is a class you will definitely want more of! It is fun, energizing and relaxing at the same time. Anita will come to give a master class and share a health talk of your choice following the class. Definitely a worthwhile way to spend some valuable time!

Dance/Exercise to The Rhythm of Live Drums with The Sounds of Afrika

Just the thought of this class gets the blood pulsing through your veins! It is invigorating, exhilarating and a truly stimulating way to free up some energy and move your body! The result: Renewed & Refreshed Body, Mind and Spirit.

"Anita's Strength and Spirit classes have made such an impact on my life this past year. Her spirit, enthusiasm, and passion are infectious. I feel stronger in mind and body. She inspires me to nurture myself to good health, and I eagerly anticipate continuing to renew my Strength and Spirit with Anita in the coming year." - Rita M. Caruso



INTRODUCTION TO STRENGTH & SPIRIT

"You will absolutely love this workout because its design is for you, all ages and fitness levels and all three fitness components - strength, flexibility and endurance. This workout also uniquely blends body, mind and spirit - so in essence it's not just about the body. When you integrate spirit - which is positive energy through the breath, synchronized with movement - a beautiful union is the result." - Anita



"I would highly recommend "Strength & Spirit" for anyone's fitness library because it represents 24 years of Anita's experience fused with passion and energy. I would know, because I have worked with her each of those 24 years." -Susan Saint James



Testimonials




"I would highly recommend "Strength & Spirit" for anyone's fitness library because it represents 24 years of Anita's experience fused with passion and energy. I would know, because I have worked with her each of those 24 years." -Susan Saint James

*"I have had the great pleasure of witnessing first hand, Anita's amazing knowledge of the body and function, as it pertains to all levels of group instruction. Anita is most certainly one of our most sought after instructors for both members and staff alike. She continues to show us that she has a head for business and a heart for people." - **Garret V. Robinson, Associate Director, ESPN Health and Fitness Center***


*"I take Anita's class and recommend it to many of my patients because her approach of combining yoga with cardio & strength training uniquely integrates health for the whole person." - **Michelle Pouliot, N.D.***

*"I wanted to thank you for putting your "Strength & Spirit" workout on a DVD. It has helped me to get back my confidence that I could still do this workout, and being able to it in the privacy of my own home avoiding any embarrassment, I have gained strength and really feel great emotionally and physically." Sincerely, **Sue***

*"I love your DVD. There are so many beautiful aspects of it; the photography, the scenery, the drumming...I particularly appreciated the people you chose to participate in your classes. It's inspiring, not intimidating." – **Cindy, Flora & Fauna Creative Designs***



*"As predicted – the Strenght & Spirit DVD was awaiting my arrival home on Friday afternoon. As promised – I popped it right in and followed along wit the entire practice. It was absolutely fabulous! Your spirit comes through as does your strength!" –**Jenny Gilley***



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May 24, 2008

To Whom It May Concern:

It is a pleasure for me to write a letter of reference and support for Anita White-Barbero. I have known Anita and her family for years. They are truly what one might call "the salt of the earth". The apple doesn't fall far from the tree in that Anita is the product of a wonderful family that has always been involved in the community and always gives back.

Anita possesses a true entrepreneurial spirit as evidenced through the creation of Renew Your Health LLC and Strength & Spirit that followed her earlier career in fitness. What makes Anita so successful is her professionalism and sincerity. She has passion for what she does and accomplishes it through kindness and generosity, with boundless energy and strength.

Anita has been involved with a Chamber initiative, the WOW Forum... Women of the World Creating the Path, for three years. During her first appearance, she was the keynote to the approximately two hundred high school girls who attended the conference. Anita was inspiring and made such a positive impact on the young women. She served as a seminar speaker last year for the women who participated and will do the same this year. Here is one response that will give you an idea of her talent, "Anita White-Barbero was positive, enthusiastic and calming." Another said, "Incredible! What a great experience...I'm taking so much back from this!"

We look forward to her involvement this year with WOW and wish her the best in all that she undertakes. She is one special woman.

Sincerely,



JoAnn Ryan
President & CEO

To Whom It May Concern:

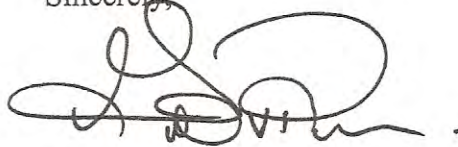
Anita has worked under my direct supervision at The ESPN Health and Fitness Center for the past three years. During this period, I have had the great pleasure of witnessing first hand, Anita's amazing knowledge of the body and function, as it pertains to all levels of group exercise instruction.

Anita's strong points include, but are not limited to, an excellent ability to be versatile in the classes she instructs, flexibility in her schedule, accommodating to members and Health and Fitness Center staff, wonderful and lively personality, and a strong business mind. In addition, Anita works very effectively as a member of our health and fitness team as well as working under the direction of the team leader.

Intellectually, Anita's knowledge and continuing education have played a key role in her ability to conduct successful and effective group exercise classes, in which employees are literally lining up to take. That said, Anita is most certainly one of our most sought after instructors for both members and staff alike.

In closing, Anita has demonstrated to everyone at the ESPN Health and Fitness Center that she will excel in any avenue she chooses to peruse. She continues to show us that she has a head for business and a heart for people.

Sincerely,



Garret V. Robinson, M.S., CSCS*D, NSCA-CPT*D, CES
Associate Director, ESPN Health and Fitness Center



Seedling and Pip
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877-567-0406, www.seedlingandpip.com

May 16, 2007

To Whom It May Concern:

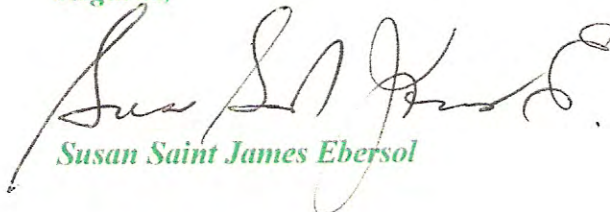
I have known Anita personally for fifteen years. I have always found her to be honest and reliable in all respects.

I have also worked with Anita on a professional level in both private training sessions and class structure. Anita developed a personal fitness program suited to my needs. She is original, enthusiastic, knowledgeable and inspiring! She has a good command of sound nutrition and fitness as a lifestyle habit.

I would recommend Anita highly as a workout consultant or lecturer in all areas inspiring the audience to higher levels.

If I can answer any further questions please call on me at any time at 60-567-5803.

Regards,



Susan Saint James Ebersol

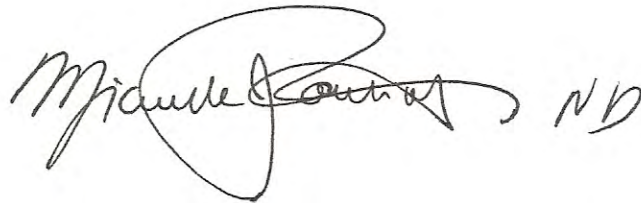
MICHELLE J. POULIOT N.D.

21 PROSPECT STREET
TORRINGTON, CONNECTICUT 06790
(860) 482-4730 phone
(860) 482-9034 fax

February 2, 2007

It is always an honor to do health presentations with Anita. She is a well-informed, inspiring speaker who motivates her listeners to get moving! She passionately explains why movement and breath work is essential to the body/mind/spirit connection, which as we all know, is the key to health. I would highly recommend Anita for any speaking engagement. Please contact me for any further information.

Sincerely,

A handwritten signature in black ink, reading "Michelle J. Pouliot N.D." The signature is written in a cursive style with a large, looping initial "M".