Holly.

Holly Rilinger

Speaker, Coach

Nike Master Trainer, Red Bull athlete, founding Flywheel Instructor, author, star of Bravo's Workout New York, former professional athlete and Creator of LIFTED.

42.2 **22.7** **26.1**

About Holly:

Motivational coach and wellness guru Holly Rilinger is known for inspiring others to dig deep to make positive lifestyle changes.

Nike Master Trainer, Red Bull athlete, former professional basketball player, author, founding Flywheel Instructor, star of Bravo's Workout New York and Creator of LIFTED, Holly's Signature LIFTED Method combines the power of movement with the peace of meditation to create a complete wellness experience. Holly is a leader and innovator in the wellness industry with over 20 years of experience.

Holly uses her life experiences both as an elite athlete and coach coupled with her degree to help motivated individuals find balance and success in their lives. Her programs start with the body and mind but have a way of shaping your entire life.

Speaking:

Holly is a veteran speaker known for her unique ability to inspire groups with her story about how a 5'4" dreamer from the Midwest became the #1 point guard in the US as a freshman at the University of Miami, and the All-Time Leading Scorer for JMU.

Today, Holly is a best selling author and authority on achieving fitness goals while balancing physical, mental and spiritual health. Holly brings incredible energy, motivation, and leadership to any type of meeting or group session that leaves the room ready to take on any challenge and reach new heights of achievement.

Topics include but are not limited to:

My Teachings as an Underdog:
Practical tips from a 5'4" professional basketball player to inject energy and improve performance in any organization.

Understanding how mindfulness and movement can change your mood, increase productivity, and enhance performance.

Holly has spoken at:

ESPN · Canyon Ranch Health Resort · CoxHealth · Goldman Sachs · Gurney's · weightwatchers

Hire Holly:

for Energetic, Inspiring, and Individualized Presentations for:

CONFERENCES | KEYNOTES | CORPORATE EVENTS | LEADERSHIP SEMINARS | RETREATS

Coaching, LIFTED Programs:

Holly's signature workout program, LIFTED, is a series of sessions that bring the mind, body, and spirit together in every single workout.

LIFTED is a 60-minute workout that infuses both meditation and high-intensity interval training. The unique blend of these two modalities provides a powerful method for participants to improve their physical well-being, while at the same time gaining mental clarity, peace of mind, and a shift energetically. It's quite possible you will leave feeling a little stronger, a little clearer and a little happier.

LIFTED 4W Remote

Join an enthusiastic, online group and get LIFTED. Groups meet weekly via video conference with Holly.

LIFTED4W NYC

Commit to a spirited group and experience LIFTED in person in NYC. Groups meet 2x weekly with Holly at a private studio.

LIFTED4W One-on-One

Direct access to Holly. Work together in person, or online. Create a customized, personal program to achieve your health goals.

All LIFTED4W Programs Include

WORKOUTS | MEDITATION | NUTRITION | RECOVERY | GOAL SETTING

What People are Saying about Holly:

"Holly's passion and knowledge of the human body and overall fitness will bring out your inner badass with more strength, better self-awareness, and overall happiness. She will take you to the edge but never let you fail. I am so grateful I stepped outside my comfort zone and welcomed Holly - the powerhouse filled with good vibes to train me."

"Holly has a gift. A unique ability to inspire, educate, and point her clients in the right direction without making them feel judged or guilty about any missteps. Holly takes a holistic, comprehensive approach to wellness in the most expansive sense of the word. Through her thoughtful and uplifting coaching, Holly educated, inspired, and guided us as our group organically began to take on a life and energy all its own. It was magical I tell you!"

"LIFTED has been and continues to be an incredible journey in my life. Working with Holly has been the greatest investment I have ever made in myself. I am confident in saying: I am finally giving myself the attention and energy I have longed for. Holly and LIFTED have taken my life to new levels. I continue to benefit personally and professionally from who I am becoming through this journey. I fundamentally believe we can each be (and need to be!) LIFTED and once we are, we become unstoppable."

Holly in the media:

Also, but not only, seen in:

GQ · NBC NEWS · New York Post · Us Weekly · Sports Illustrated · TIME · Bloomberg · E!NEWS · The Observer · teenVOGUE · well+GOOD · ACCESS HOLLYWOOD · Life&Style