

# MEDIA PACK



42K+

#JuliaBfit

Julia  
Buckley

FITNESS



40K+



23K+

VERIFIED ACCOUNTS

[julia@juliabuckleyfitness.com](mailto:julia@juliabuckleyfitness.com)

[juliabuckleyfitness.com](http://juliabuckleyfitness.com)

Julia is a personal trainer and fitness coach. She created her Online Gym to help people get results the right way, believing anyone, regardless of background, can get in shape and change their lifestyle for the better.

Her no-nonsense approach to fitness aims to inspire people to feel great about themselves, their bodies and their lives while connecting with others who share similar fitness goals.

## FITNESS

Julia's workout programs feature her Unified Metabolic Strength & Conditioning method (UMSC) for full-body, athletic fitness and optimal fat burning. Online gym members can work out at home using minimal equipment, making fitness affordable, convenient, effective and fun.

## COMMUNITY

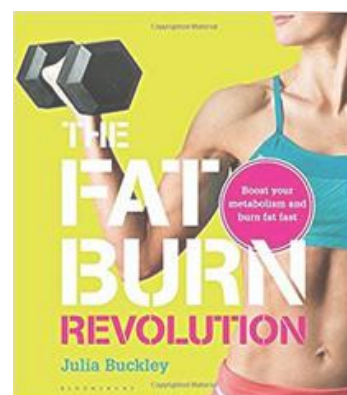
Julia's workout programs make it easier to set and achieve goals with the help of community forums and social media. Thousands of people all over the world have transformed their bodies with Julia's fitness and motivation methods.

## BRANDS

Julia is interested in partnering with brands on social media projects aligning with her approach to fitness.

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Get in touch for all press enquiries.  
Marketing & paid content rates are negotiable.

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