

Lydia Di Francesco

Owner and Founder at Fit & Healthy 365

Ottawa, ON, CA

Fitness Expert, Certified Personal Trainer, Health Coach

Biography

Lydia Di Francesco helps busy professional women get strong and fit through short, effective workouts so they can keep doing the fun things they love! She is the Founder of Fit & Healthy 365 and Creator of the 15 Minute Workout Club, her signature online fitness program. As a Certified Personal Trainer, Lydia educates clients and the public that healthy living doesn't need to be complicated. She promotes simple, fun exercise and creating a healthy mindset with a long-term approach to wellness. Lydia makes regular appearances as a Fitness Expert on CTV Ottawa Morning Live and Rogers Daytime Ottawa. She is also a Huffington Post Contributor and has been published in the national health and fitness magazine OptiMyz.

Industry Expertise

Fitness, Health and Wellness, Education/Learning, Leisure / Recreation, Sport - Amateur, Women

Areas of Expertise

Exercise, Fitness, At-home Workouts, Travel Workouts, Exercise and mental health, Wellness, Fitness and Wellness, Fitness Services, Holistic Health, Positive body image, Health & Fitness, Health & Nutrition, Physical Activity

Event Appearances

Panelist

Women in Business Conference Screening of Dream, Girl

Education

University of Ottawa
MBA Business

CanFitPro

Certified Personal Trainer

CanFitPro
Certified Fitness Instructor

University of Ottawa
B.Soc.Sc. International Studies and Modern Languages

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