

# SUSAN GUZZETTA

PROFESSIONAL SPEAKERS FOR ALL OCCASIONS



## **JULIE HADDEN** FROM THE HIT NBC REALITY SHOW "THE BIGGEST LOSER"

Julie Hadden spent most of her life battling her weight. She went from a chubby kid to overweight adult and finally after marrying and having a baby found herself classified as morbidly obese.

Her story is one that millions can relate to. With the very best intentions of putting everyone and everything else ahead of herself - at the end of the day she was the last thing on her list of priorities.

After years of bad habits in relation to her health and nutrition she felt she was spiraling out of control. In what she considered a desperate long shot, she auditioned - along with 250,000 others - for a chance to be cast as part of Season 4 of the hit NBC reality show "The Biggest Loser." As one of eighteen contestants selected, she embarked on a journey that chronicled her emotional battle with obesity on national television for the entire world to see.

It was previously a private struggle that became very public. But the process transformed Julie's life and to her own amazement has provided inspiration to others as well. On December 18, 2007, Julie became the "Biggest Female Loser" of Season Four; finishing as First Runner Up to the overall title. She lost nearly 100 pounds (which translated into a staggering 44.5% of her body weight).

Her participation on The Biggest Loser has opened many doors for her. She has appeared on The Oprah Winfrey Show, Larry King Live, The 700 Club, The Hour of Power, Access Hollywood, Extra, Inside Edition, Entertainment Tonight, E! Entertainment Television, the Canadian television show "Reality Obsessed", as well as in numerous magazines and print publications throughout the U.S. and abroad.

She has worked as a special correspondent for "Got Milk?", done commercial work for Nordic Track, and writes a weekly article for Guideposts.com. Julie is a sought-after speaker often addressing groups by sharing her story and providing inspiration on healthy living, fitness and how extraordinary things really do happen to ordinary people. But she's quick to tell you that being on reality TV isn't the "extraordinary" thing that happened to her. It's the total transformation: body, mind and spirit that came from what she's been through.

Julie is the author of the book entitled "Fat Chance, Losing the Weight, Gaining My Worth."

She also continues to be active within her own community and is an outspoken advocate for Poly Cystic Ovarian Syndrome (PCOS) Awareness.

She is committed to maintaining a healthy body weight, "Post Biggest Loser," with a dedication to good nutrition and regular exercise which also includes motherhood duties to her two sons.

## JULIE HADDEN

### TOPICS

#### **BEING A LOSER ISN'T ALWAYS A BAD THING**

#### **BEATING THE ODDS AND ACHIEVING THE LIFE YOU DESERVE**

#### **HEALTH AND FITNESS FOR REAL PEOPLE...FOR REAL LIFE!**

#### **SLOW AND STEADY WINS THE RACE**

Julie speaks on a variety of topics that appeal to Christian and Faith-based Organizations. Topics include:

#### **GOD DOESN'T MAKE ANY LOSERS**

Through her personal experience on "The Biggest Loser", Julie shares what God revealed to her about her own personal worth and how He views His children. When the world beats you down, devalues your worth and calls you a "loser" - Julie is here to testify that "God doesn't make any losers!"

#### **ONE LITTLE DAVID AND A BUNCH OF GOLIATHS**

Although classified as "morbidly obese" Julie was the smallest contestant on Season 4 of the hit reality show "The Biggest Loser". The prejudice she felt in "the real world" for being too big - was turned to reverse discrimination on the set of the Show - for being too small. From the beginning she was counted out as not being strong enough (or big enough) to succeed. She showed them all! Julie shares through this presentation that "Little is much when God is in it" and that even a "little David" can be victorious against the great big "Goliaths" of life!

#### **REAL BEAUTY IS NOT DEFINED BY ANY SCALE**

Julie's experience losing nearly 100 pounds (44.5% of her body weight) in about 8 months was extreme. It happened through extreme circumstances and it changed nearly every part of her life. Obviously it changed the way others looked at her and it changed the way she looked at herself. But ironically, losing the weight was LESS about the physical aspect of beauty and MORE about the way she internalized those feelings. Through her experience God has revealed very specific things to Julie about what "real beauty" is. It's about good health and taking care of the body God has given each of us. It's an exciting revelation that has made a difference in her life and she'd love to share it with you!

#### **LOSING THE "BABY WAIT"**

After years of suffering with Endometriosis and Poly Cystic Ovarian Syndrome (PCOS) and after over three hours of surgery on her reproductive system, Julie gave birth prematurely to a beautiful 4 pound 7 ounce baby boy in 2000. She always wanted a large family and tried for many years afterwards to conceive again. She believed her excessive weight gain, which intensifies the symptoms of PCOS, played a big role in her inability to not have another baby and doctors confirmed her fears. Becoming a mother again was one of the benefits she hoped would come from her experience on "The Biggest Loser." And it did! But not quite as she had planned. In a miraculous story of God's perfect timing intersecting with His perfect will - Julie shares of how the adoption of her son transpired so quickly it will make your head spin. It's a story that will leave you with the confirmation that God truly is at work in the lives of those who trust in Him. He's still in the "miracle business" and Julie's thrilled to be able to share the story of her little miracle with you.

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### CLIENT LIST

Abbot Laboratories  
AIM Fund Management  
Alaske Visitors Association  
American Cancer Society  
American Express  
Assn of Business Administrators  
of Christian Colleges  
Bank of Montreal  
Barnhill Contracting Co.  
Bell Canada  
BellSouth  
Bombardier Aerospace  
Chick-fil-A  
Club Corporation of America  
Delta Air Lines  
Ditch Witch  
EDS  
Employee Services Management Assn  
Federal Reserve Bank of Atlanta  
First Floridian Home & Auto Insurance Co.  
Florida Power Corporation  
Florida Times-Union  
Fluor Global Services  
Follett Higher education Group  
Georgia Department of Labor  
Georgia World Congress Center  
Guardian Industries  
Handy Way Food Stores  
Hewlett Packard  
Independent Bankers Assn of Texas  
Independent Power HR Assn  
Indiana CPA Society  
Intel  
J.M. Huber Corporation  
Jacksonville Electric Authority  
John Deere  
M.D. Anderson Cancer Center  
Marion General Hospital  
Massachusetts Hospital Assn  
Mayo Clinic  
MHI Hotels  
Mrs. Fields Famous Brands  
National Auto Auction Assn  
National Auto Finance  
National Welding Supply Assn  
Netcentives.com  
Nielsen Media Research  
Pfizer  
Pioneer College Caterers  
Ptintpack

Quality Chekd Dairies  
Rocky Mountain Helicopter  
Roofing Contractors Association of Texas  
Siemens  
Southeastern Carwash Assn  
St. Luke's Hospital  
TECO Energy  
Texas Press Association  
The Paradies Shops  
The PRISM Network  
Timber Products Manufacturers Assn  
United Stationer Supply  
Vanity Fair Intimates  
Vistakon  
W.L. Homes  
Western States Roofing Contractors Assn  
Winston-Salem Journal  
Winter Haven Hospital  
YMCA

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### TESTIMONIALS

"You were informative, motivational, and entertaining. We never expected you to sing! Your session was one of the highlights of this year's convention."

Tina Lindgren  
Alaska Visitors Association

"I was particularly impressed with the research you did in preparing your presentation, Making your presentation so personal made this event very special."

Jack Guynn  
President  
Federal Reserve Bank of Atlanta

"I have had several calls from the participants expressing what a great speaker we had at the meeting. It makes me proud to have been such a success with my peers."

Tracy Libby  
Club Corporation of America

"Your preparation and commitment to success make your Contented Cows keynote a sure hit for any organization that truly wants to improve employee performance by improving employees relations."

Tim Kern  
Pfizer U.S. Pharmaceuticals

"Wow... you sure exceeded my expectations! What we experienced was the most well prepared, well-researched keynote ever!"

David Nicely  
Pioneer College Caterers