

# Carol Dunlop

SPEAKER • AUTHOR • SURVIVOR



Need a fitness expert to **ENERGIZE, INSPIRE and EDUCATE** your group or organization to get UN-Stuck? **Book Speaker, Author and Survivor** Carol Dunlop for your next event, conference or company meeting.

## Let Carol bring out your best YOU!

Carol uncovers the "Naked Truth" about fitness and weight loss that brings out the fit and healthy YOU that lives in us all.

**Carol is the catalyst for changing:**

- **The Un-motivated into Goal-seekers**
- **The Sedentary into Fat-burning machines**
- **The Hopeless into Powerhouses**

*"Losing weight is hard, there is no easy route. That's the 'Naked Truth,' but along the way you need someone who pushes you to the edge and inspires you to greatness. That's what I bring to your event."*

Carol Dunlop

Carol knows about bouncing back from hardship, she realised that she, herself, had to keep moving forward and live when she was diagnosed with stage II breast cancer just 6 months following her husband's devastating stroke. After a double mastectomy, 6 rounds of chemo and reconstruction surgery, she walks her talk by living each and every day to the fullest and refuses to allow life to defeat her. She'll show your audience how to do the same.

*"Carol came to the Olivet Church a few years ago to support our Women's Month health initiative. She presented a session on exercise and nutrition. All of the attendees were very impressed with her presentation and her knowledge around both topics. Not only is Carol in great shape herself, but she was very excited and enthusiastic about sharing her information with our women. Just the other day, someone asked if we could invite her back again. To know she was remembered even after a few years, lets you know she left her health mark on the Olivet church women!"*

Crystal Barrett  
Prayer Coordinator & Deacon,  
The Olivet Church, Fayetteville GA

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**Book Carol Today: Call (678) 883-2918 or visit [www.optimumbodiesulpting.com](http://www.optimumbodiesulpting.com)**

# Carol Dunlop

SPEAKER • AUTHOR • SURVIVOR



- 53 Years Young
- Body Builder
- Fitness Competitor
- CrossFit Athlete

## highly motivated, passionate, huge heart

“a ball of super-charged energy” “an inspiration to so many women” “you inspire me to become a better me”

### Partial Client List includes:

- The Olive Church
- Ladybug Fitness Mother and Daughter Day
- IAFS International
- Working on Your Now
- MOMs Club of Acworth
- 8-Time Mr. Olympia Lee Haney



*Carol is a gem! Her brilliance comes through in her entertaining and thought provoking topics she presents. She gives real life stories that makes her authentic and relatable to anyone who is looking to make a difference in their health and overall lifestyle.*

Lori Beard-Daily  
Chief Now Officer,  
[www.WorkingOnYourNow.com](http://www.WorkingOnYourNow.com)

### About Carol

- Owner of Optimum Body Sculpting
- Founder of the Women's Weight Loss & Wellness Summit
- Creator of 25PoundsDown.com
- Host of Fit4 Life Radio
- Certified Master I.A.F.S. Trainer
- Consultant to 8-Time Mr. Olympia Lee Haney
- Participant in the exercise showcase at the Steve Harvey Neighborhood Awards

Currently, Carol is working on her second piece of authored work, an upcoming book, “Through the Fire: One couple's journey from devastation to triumph over illness, lack and despair,” where she chronicles both her husband's stroke and her breast cancer journey and the lessons learned along the way.

### Carol's Program topics include:

#### 6 Weeks to Your Best Body Ever!

In this presentation, Carol provides you with practical weight loss strategies you can put into place right away. Seriously!

#### Fall Down. Get Up. Keep Moving Forward

Life isn't always fair, but Carol shows you how to get back up when you get knocked down and keep living life to the fullest, no matter what.

#### Fit Mind, Fit Body, Fit Career

Being fit is a state of mind and body. Getting there is half the battle, but when you do get there EVERYTHING changes for the better. Carol shows you how your mind, body and career are connected.

### Connect with Carol

 /bodysculpterfan

 /bodysculpter

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