



DATE: 2/23/16

FETCH & SCULPT: OVERVIEW, PHOTOS, BIO AND CONTACT

MEDIA ACCOUNT LEAD: Jackie Price

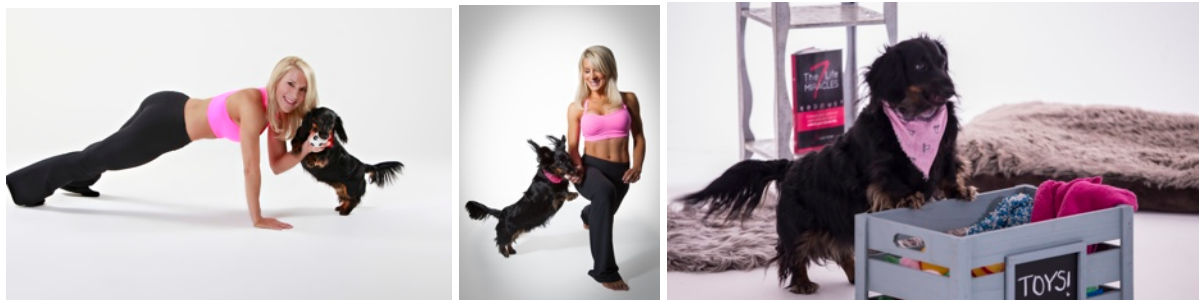
Fetch & Sculpt - Short Overview

Fetch & Sculpt - the first workout app for dogs and their owners to do together! This workout app offers 5 minute workouts for owners to do while playing fetch with their dogs. There are various workouts offered including: Circuit training, Yoga, and Core/Pilates. The app stars two lovable dachshunds and national fitness expert and heart disease survivor Julie Wilkes. The app is available on the iTunes app store for \$2.99. New workouts are added each month.

Fetch & Sculpt - The Story

Fetch & Sculpt, the workout, was created because Cody, one of the two dachshunds, has always struggled with her weight. While she eats the same amount and type of food as her little brother Charlie (who is healthy and svelte), she can't seem to get her weight to a healthy level. Their mom, national fitness expert, Julie Wilkes decided to create a workout that she could do with Cody, so that they could spend time together and help her to be healthy. And... it worked.

And now, Cody, Charlie and Julie share their creation with you in this fun workout that just about anyone can do, from anywhere. You'll laugh as you watch the videos of Cody and Charlie, you'll get a full body workout in, and you'll have a blast spending time with your four-pawed pal. Shirts, water bottles and car magnets are also sold, as well as informational videos are available on the website: www.fetchandsculpt.com.



Julie Wilkes's Short Biography

After overcoming a congenital heart condition that gave her a short life expectancy, Julie dedicates her life to inspiring others to live with intention and passion. She is a dog lover, life coach, international motivational lecturer, fitness presenter, and a corporate wellness expert. Julie has released hundreds of health, fitness, and motivational videos. Julie believes she was given the gift of a second chance at life and shares Fetch & Sculpt with you as a way to "pay it forward and inspire healthy pups and their owners."

Julie Wilkes's Long Biography

Julie Wilkes is an author, life coach, motivational lecturer, yoga instructor, fitness presenter, corporate wellness expert, and entrepreneur. She has a Master's degree focused on Exercise Physiology from The Ohio State University, and a Bachelor's degree in International Business from Marietta College. She is a Registered Yoga Teacher with Yoga Alliance, a certified group fitness instructor from the America Council on Exercise, a certified wellness coach from Wellcoaches, recently gave a TEDx Talk on living a meaningful life, and is a faculty presenter for several nationally accredited fitness organizations. She is the owner of "Seven Studios," a yoga, Pilates, barre, dance, acro, boot camp and life coaching studio. (www.7-studios.com)

Julie has hundreds of fitness and motivational videos and several phone apps. She has developed a series of home and body products, based on concepts in her book, The 7 Life Miracles. In addition, Julie has designed and managed corporate wellness solutions for a Fortune Global 500 company for more than eleven years. She was recognized by FITNESS magazine as one of the "Top 10 Champions of Health" for 2010, was named a "40 Under 40" award recipient by Business First, one of "12 Women You Should Know" by the Women for Economic & Leadership Development and is a lululemon athletica ambassador.

Julie is from Columbus, Ohio. She is the proud parent of her three "furry angels," Cody, Charlie and Sancho (dachshunds and tuxedo cat). Cody and Charlie are the stars of Fetch and Sculpt (Sancho the Cat was uninterested).

Julie is a heart disease survivor, and she is passionate about living each day to the fullest and inspiring others to do so as well. She recognizes that she was given a second chance at life, but a second chance is only as good as what she does with it.

Fetch and Sculpt is one of the ways Julie hopes to pay forward on the gift of a second chance at life. To find more on Julie, please visit: www.juliewilkes.com

Julie, Cody and Charlie's Media Availability

Julie is currently confirming media interviews and Fetch & Sculpt demonstrations with news stations, talk shows, and pet stores as well as motivational lectures and speaking engagements for various audiences. Cody and Charlie travel well and enjoy being in the spotlight (and make everyone smile).

Julie's Contact Information

Name: Julie Wilkes Phone: 614-288-4291 Website: www.fetchandsculpt.com

Email: julie@fetchandsculpt.com Media lead: Jackie Price: jackie@fetchandsculpt.com

Facebook: <https://www.facebook.com/fetchandsculpt> IG: <https://instagram.com/fetchandsculpt>