

National Presenter, Alana Sanders



THE FITNESS PROFESSOR
ALANA SANDERS

GET PULSED, LLC | Atlanta, GA



Why Alana Sanders on your show or event?

Alana Sanders is a notable brand in the Dance Fitness and Presenters circuit traveling to various markets nationally and internationally.

1. Have you ever seen a fitness instructor that sings to you while working out and can really blow?
2. Better yet, have you had a fitness instructor that creates their own music and you feel like you are in a concert every time you attend the class?



they take her structure back to their classes to teach their students.

Who is Alana Sanders?

Who is Alana Sanders? Featured on CNN, BET, NBC, nominated for "Who's Who" in Atlanta 4(four) consecutive years, featured on various Medical Centers media networks across the US and is the 2016 SCW Fitness Idol. Was the Business and Marketing Consultant on the, "Tiny and Tonya" hit reality show. Introducing Fitness Presenter and Professor, Alana Sanders. Alana is the creator of the program, "Get Pulsed™;" a nationally accredited and recognized fitness brand that is known to rock a crowd. The program currently has certified instructors teaching the format from Louisiana, Georgia, Texas, DC, Virginia, Maryland, and California. Get Pulsed is the only fitness brand that comes with original music, mixes,



Alana presents to Fitness Professionals in 10 markets including New York, California (San Francisco & San Diego), Florida, Atlanta, Dallas, Chicago, DC/VA/MD, Philadelphia, New Orleans, and Boston. Each Market includes from 900 to 2000 professionals in the fitness industry where

choreography, and presents an effective way to incorporate weights safely while dancing.



Also, featured on Amazon and Roku, Alana released a Dance Fitness DVD with Get Pulsed entitled, “Pulse Me Baby” and Fitness DVDs with SCW Fitness Mania entitled, “The Magic of Dance Fitness, The Art of Dance Fitness, The Art of Cueing and Social Media Marketing in 2017.”



Affectionately known to her students as the “***Singing Fitness Instructor***” that will serenade the cues during the workout, her fitness cueing style helps students to remember the moves which assist with decreasing the probability of workout injuries. As a certified and licensed Instructor in many fitness formats, she loves how fitness can change a person's entire perspective on life. Her motto is, "Making Fitness Fun." She has witnessed her student's

transformation before her eyes and even the curing of Hypertension and Diabetes.

How did she become an Instructor?

After the closing of the University where she was an Educator, she had to do something with her time. During her downtime, she started participating in various group fitness classes including dance fitness; sometimes two to three times a day. While participating in various fitness classes, she constantly heard her fellow fitness enthusiast state, she should be teaching. The students in the class were paying for attention to her than the instructor. After being pushed by her sister and friends, Alana decided to become a licensed fitness instructor. Who would have thought that fitness education would be a part of her purpose and would become her passion? Combining the three things she loves, music, fitness, and education.

Teaching another dance fitness format, Alana has always added her own style or what many in the industry would say, “flavor.” Her classes range from 55-110 students 4 to 5 times a week. She listened to the needs of her students and how they wanted to see their bodies transform. They loved the art of dance fitness but want to experience more without removing the fun they were constantly having in class. Having a background in dance, Alana was aware of what dance moves isolated certain muscle groups in the areas the students want to target. From having original music and mixes while serenading her students, (Yes, she sung to them while during the workout.) the Nationally Accredited Dance Fitness Toning program, “Get Pulsed®” was

birthed. Alana was the first fitness instructor to have a contract with a Major theme park and create a fitness event that attracted thousands of dance fitness lovers Internationally.



The SCW Mania, a 30-year fitness education convention saw the talent that she possessed. Alana became a part of the SCW Mania as a presenter through the fitness idol competition and earned the opportunity to be mentored by the notable presenter and Asia Idol Creator, Lawrence Biscontini and valuable assistance from the creator of the SCW Mania herself, Sara Kooperman, Esq. It has been a journey to have the opportunity to present to her peers and be the Opener for the Keynote speakers. Alana has presented in 9(nine) Markets to over 15,000 fitness professionals nationwide in the areas of Entrepreneurship, Social Media, Cueing, Choreography, Dance Fitness, and weights.



Alana has graced the same stages with the likes of NeNe Leakes, Jane Fonda, Nancy Grace as the featured fitness presenter with the "*Ultimate Women Expo*", 'Black Women's Expo' and many expos nationally. Among her dance fitness experience, she is a former College Business Chair and currently a University Professor teaching the art of Business and Marketing. She wrote the first college textbook on, "Social Media Marketing" through Pearson Education; including workbooks to help business professionals utilize the networks. She was recently approached by, "TopHat" a digital education publisher for education to author another Social Media Textbook. Her love for social media has built her reach to 7 million on the networks to where she is constantly researching the program to keep updated with the trends. Alana consults businesses on the most effective ways to engage their current and future customers.



She is always thinking about others. Alana presented to the Lawmakers in the State of Georgia which included Representatives, Valencia Stovall, and Doreen Carter, in regards to fitness professionals being recognized for their works. In March of 2017, the House of Representatives presented an official proclamation to Fitness Professionals of Georgia for their hard work and dedication. March 28th will mark a day that is set aside to recognize fitness pros across the State of Georgia. In 2018, Fitness Professionals will have the opportunity to participate in the first-ever fitness workout on the premises of the Georgia State Capitol, thanks to Alana, this day was marked in the books as an annual event with the state.



The achievement that outweighs all the things she has accomplished, is being the proud mother of a 12(twelve) year old gifted daughter that is currently in the 8th grade, McKinley. She is so proud of her successes where she started her first business at the age of 8(eight), experimenting with organic products that can create cosmetics. DUKETip Scholar and has been taking college courses since she was 9 along with the taking the ACT test at 10 years old.



McKinley has always stated since she was 7(seven) that she wanted to attend Harvard University to become a Scientist. Today, she states she wants to be an Immunologist after taking courses at Georgia State to help cure various diseases. She published her first book at 5(five) and is a talented artist; along with her non-profit organization that assists with creating KIDPreneurs.



The Program she created... What is Get Pulsed?

Get Pulsed™ nationally accredited fitness format incorporates customized music, dance, and toning. Taking everyday dance moves and turning them into fitness, the program integrates weights to add to the toning phase of the workout. With easy to follow choreography, participants burn 600+ calories. Cueing techniques includes verbal and non-verbal communication along with vocalizing the cues. (singing) The Vocalized Cueing technique enables the participant to remember the steps while singing them back to the instructor.

Breakdown of the Format:

- **Cardio** – Gets your heart rate up! Burn 600 or more calories in a 1-hour session.
- **Weights**- Safely utilizing weights while dancing allows the student to tone during the workout. The use of dumbbells (1-5lbs) along with repetition assist with the toning phase of the workout.
- **Choreography**: The steps are easy to follow and allow the students to feel like they are a part of a fitness party that motivates them to keep moving. The program takes everyday dance moves and provides various levels of fitness. (Modifications)

- **The Music**: The customized music designed for the program fits every move in the routine which allows the student to identify the move with the music. Original music with genres from Soca, Hip-Hop, Latin, Caribbean, New Orleans Bounce, Pop and more...
- **Move with Ease**: Not only the veteran dancer but those that are new to the program can follow with ease, especially with the instructions for the certified instructor.
- **Cueing**: The Cueing techniques includes verbal and non-verbal communication along vocalizing the cues with the student. (singing) The Vocalized Cueing technique enables the student to remember the steps because they sing them back to the Instructor as part of the music.
- **Results**: The cardio-based program tones the body while participants achieve the desired goal for their body and health. The program also focusses on building endurance while sculpting.





- Alana is on the Board of the M.O.V.E Dance and Fitness Education Convention hosted in New Orleans, Louisiana. The convention has partnered with the New Orleans Tourist Bureau to make this a successful annual event. Many fitness conventions saturate the same markets. (Florida, New York, and California) Entering the Southern states in a major tourist city enhances the opportunity to touch a new market and reaching the surrounding areas. The M.O.V.E Convention was developed to reach those in the Dance industry and pre-choreographed fitness formats; an area missed by most fitness conventions. M.O.V.E stands for *Movement, Orientation, Variance, and Education*. The convention provides fitness education to professionals worldwide by introducing them to new fitness trends, business and nutritional tips that they can take back to their students or gyms.

- Social Media: Alana is a Social Media University Professor and teaches the art of Business and Marketing. To reiterate, she wrote the first textbook on the platforms for business. She has managed many businesses Social Media sites and created advertisements.

We look forward to connecting. Feel free to contact us at Alana@GetPulsed.com or Jonathan Hardy, Publicist (404) 587-0021.

Media:

- Get Pulsed: www.GetPulsed.com
- Alana Sanders: www.AlanaSanders.com
- Instagram, Facebook, Twitter: @AlanaSanders @GetPulsed
- IDEA World Fitness Expert <http://www.ideafit.com/profile/alana-sanders>
- M.O.V.E Convention: www.MoveStayFit.com
- SCW Mania: Get to know Alana Sanders www.scwfit.com/enewsletter-november2017/#alana