

LeAura Alderson



LeAura Alderson is CEO of My Trainer Fitness LLC and Publishing, a company that produces fitness products.

LeAura Alderson is an entrepreneur, writer, public speaker and fitness professional whose company and products have appeared on national and local TV in addition to being featured in magazines such as SELF, Family Circle, The Week, All You, Orlando Magazine, Better Homes & Gardens and more. LeAura enjoys sharing ideas and experiences that help others to discover their own powerful potential, and created the My Trainer Fitness series of workouts to go, following her successful elimination of chronic back pain and osteopenia through exercise. My Trainer Fitness workouts place the power of the professional in your palm with do-it-yourself personal workouts to go.

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LeAura is also a mother of two internationally adopted, home-schooled children, and partners with her husband, Coleman Alderson, in domestic and international real estate investing and development, and is a certified trainer for The Passion Test™. LeAura is an avid learner, more fit and healthy today at 52, than at 25, regularly rising before dawn to embrace each day with delight at what's possible.