

## In The Media

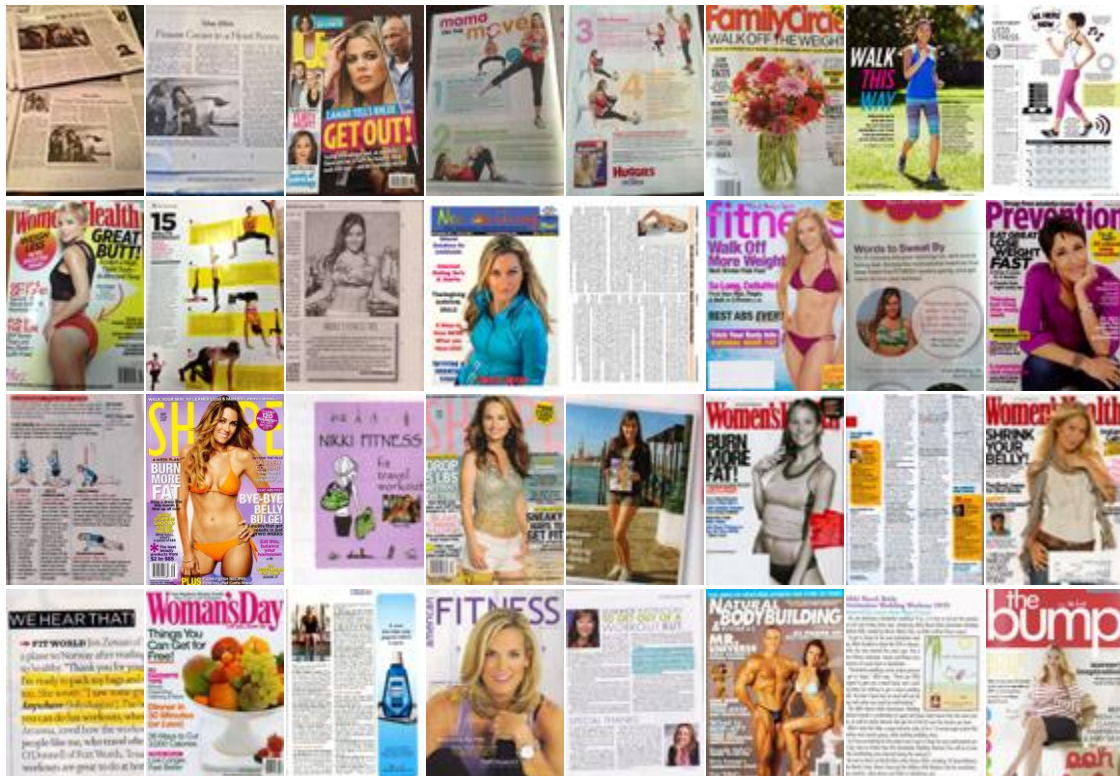
- [4/20/21 Martha Stewart Living Interviews Nikki about Vinyasa Yoga](#)
- [NikkiFitness advice on HIIT running workouts in Shape Magazine 3/2019](#)
- [Reader's Digest covered NikkiFitness tips on working out while doing housework](#)
- [Nikki's Interview on Celebrity Waist Training 3/15 - Health.com/HealthMagazine](#)
- [Nikki's Fit Travel Workout featured in The New York Times!](#)
- [Nikki's Anti-Aging Walking Workout Video & Advice 5/15- Prevention Magazine](#)
- [NikkiFitness mantras help you motivate- Shape.com](#)
- [NikkiFitness TV Watching Workout -KnowMore.TV](#)
- [SELF.com features Nikki's Fit Travel Video and tips](#)
- [NikkiFitness Rave Review from BurnThis.com](#)
- [Nikki's Advice in Men's Fitness Magazine](#)
- [Nikki's Fit Travel Workout DVD and Advice in Women's Day](#)
- ["Study: Burn 200 Calories in 2.5 Minutes" Shape.com article by Nikki](#)
- [Inspired by Olympics Gymnasts? Try Slimnastics! - SELF.com](#)
- [Slimnastics Book Workouts Covered by VitalJuice!](#)
- [Woman's Day Interview: Work Out With Your Pet](#)
- [CBSnews.com - Nikki On CBS News](#)
- [Nikki's Treadmill Tricks - Shape.com](#)
- [Get in shape at home with just this book! - Vitaljuice.com](#)
- [Nikki's Hard Core Abs Moves in "Time Out New York"](#)
- ["Nikki's advice on Mud Run Training" - NY Post](#)
- [Yahoo Shine - Nikki's Red Carpet DVD Moves](#)
- ["Nikki's Fit Travel Workout Video moves for Thanksgiving" - Beauty Bean](#)
- [NikkiFitness: Booty Camp DVD - Girlslife.com](#)
- [Get Fab Abs - Ladies Lounge](#)
- [Stability Ball Exercises for Total Body Toning - Spry](#)
- [How to Start an Active Holiday Tradition - Health.com](#)
- [NikkiFitness Booty Camp Fitness DVD Giveaway - Women'sDay](#)

- [Fit Tripping for Girls On-The-Go!](#) - BestBodyMagazine.com
- [Toss your sneakers ... every year](#) - ivillage.com
- [Nicole Glor: See how this fitness instructor stays healthy](#) - Vital Juice
- [How Stress Causes Weight Gain](#) - Oxygen
- [Fit Traveler Gift Guide](#) - That's Fit
- [Get Fit In a Hurry and fit in that swimsuit](#) - la-story.com
- [Central Park circuit: a boredom-busting obstacle course for runners - mile 1](#) - Examiner.com
- ["Morning Living"](#) - Martha Stewart
- [Fit Club with Nikki Fitness!](#) - blogtalkradio
- [Use Your Baby as Resistance in This Bootie Camp Workout DVD](#) - fitbottomedmamas.com
- [Wedding weight loss: How brides go to extremes](#) - NY Daily News
- [Health Scan](#) - The Washington Post
- [Just In Time For the Holidays: Fitness DVD Created for Military Spouses](#) - Seattlepi.com
- [A red carpet workout](#) - projo.com
- [Get ready for red carpet with NikkiFitness](#) - Edmonton Sun
- [Beware of workout overdrive](#) - metro
- [Nikki Glor](#) - twc.ca
- [Staying Fit on the Road: 5 Things You Need to Know](#) - AOL Small Business
- [Resolutions Before the New Year](#) - DentalPlans.com
- [Fitness Fun with NikkiFitness.com](#) - blogtalkradio
- [Monday night on AWTR: Nikki Fitness](#) - Army Wife Network
- [NikkiFitness is Kickin' My Butt Workout DVD](#) - Life Lessons of a Military Wife
- [Fit Club with Nikki!](#) - blogtalkradio
- [Entree Xmas Supplement](#) (pdf) - entreenews.com
- [Top 10 Fit Bride Tips](#) - Bridal Guide
- [Expert Survival Tip: Top 10 Fit Bride Tips From Nikki Fitness](#) - Survive Wedding Season
- [Local Wedding Vendors - search for nikkifitness](#) - getmarried.com
- [Nikki's Videos, Moves and Columns for The Nest/The Knot](#)
- [Gift Guide 2009](#) - NikkiFitness Videos Make the Holiday Gift Guide - HealthStatus.com

- [New York City: Keeping fit on the road](#) - Tango Diva
- [NikkiFitness Fit Travel Workout](#) - Best Body
- [Keeping fit on the road: New York City](#) - Travel Lady Magazine
- [Home Fitness for Any Budget](#) - CMH
- [Exercises to Wear Fall Fashions](#) - Realbeauty.com
- [Sportsbeat – 10/30/11](#) - NY Sports Day
- [A Workout for Holiday Traveling: “Nikki Fitness Fit Travel Workout”](#) - Fitness RX
- [Return to roots: SU alumni Jeff and Nicole Glor share stories of success for Homecoming](#) - The Daily Orange
- [Pre-Holiday and Travel Workout: No Excuses!](#) - GalTime.com
- [Gap Year In A Bag: The Items That Always Make My Luggage](#) - USA Today
- POP SPOTLIGHT: Fitness Trainer Nikki Glor Dishes About Celebrity
- [Breaking Muscle Review of Slimnastics DVD!](#)
- [Nikki's 5 Fit Tips For Beginners, KnowMoreTV](#)
- [Nikk's Tells Why Cheerleading Workouts are Great - Healthy Living Magazine](#)
- [Princess Kate Royal baby pregnancy workout in Fit Bottomed Mamas](#)
- [Nikki Writes Fit Tips for Beginners for Know More TV](#)
- [Nikki Writes Tips on Taking your Indoor Run Outside for KnowMore.TV](#)
- [Nikki's Fit Travel Workout and Advice in Bottom Line Health Magazine](#)
- [NikkiFitness Office Workout on American Express Business Open Forum](#)
- [NikkiFitness Fit Travel Workout moves for the office in SafeBee!](#)
- [NikkiFitness gives advice on free and cheap resolution workouts in MarketWatch!](#)
- [2015 Interview w/ NikkiFitness on being a Fit mom and her new Walking Workout Video for pre and postnatal fitness - FitBump](#)
- [2015 Fitness plan article on the new NikkiFitness Walking Workout Video for prenatal and postnatal fitness, injury recovery and as a beginners workout- MumblingMommy](#)
- [Nikki's Red Carpet Runway Workout Video Moves - Women's Mafia.com](#)
- [Nikki's freelance article Strength Training moves help fight diabetes - DiabeticLifestyle.com](#)
- [Stay fit during pregnancy with this Walking Workout by NikkiFitness - FitBottomedMamas.com](#)
- [Nikki's Best Prenatal Exercises and Wakong Workout Video featured in TheActiveTimes.com](#)

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- [Stay fit during pregnancy with this Walking Workout by NikkiFitness- FitBottomedMamas.com](#)
- [NikkiFitness interview about we Walking Video for the best prenatal workouts - PureWow.com](#)
- [NikkiFitness Walking Workout Tips to Stop Sitting Disease - Diabetic Lifestyle](#)
- [Nikki's Baby Bootie Camp and Walking Workouts for pregnancy and postnatal- HuffPostLive](#)
- [NikkiFitness Slimnastics Book Freelance Article: Yoga for Back Pain](#)
- [NikkiFitness advice on How Long It Takes To Get In Shape - HealthLine.com](#)
- [NikkiFitness Video Cross-Training advice in Champney's.com](#)
- [NikkiFitness Advice "How Many Calories Do These Outdoor Summer Activities Burn?" - Galttime.com](#)
- [NikkiFitness Treadmill Tricks Workout - NBCNews.com Sept 2017](#)
- [NikkiFitness Exercises to get rid of Love Handles- Muscle and Fitness Magazine](#)
- [Nikki's anti-aging fitness advice for Ford.com](#)
- [NikkiFitness packing advice for fitness while traveling - Self Magazine 2018](#)

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