

In The Media

- [Nikki's Fit Travel Workout Video Featured in the New York Times!](#)
- [Nikkifitness Shoulder Health Stretch & Strength article February 2022-Prevention Magazine](#)
- [Nikki's Stability and Balance moves in Prevention Magazine 1/26/22](#)
- [1/20/21 Nikkifitness Booty Camp Exercises featured in Parade Magazine](#)
- [4/20/21 Martha Stewart Living Interviews Nikki about Vinyasa Yoga](#)
- [NikkiFitness advice on HIIT running workouts in Shape Magazine 3/2019](#)
- [NikkiFitness interviewed in Prevention Magazine About the Benefits of Yoga 2/3/22](#)
- [Reader's Digest covered NikkiFitness tips on working out while doing housework](#)
- [NikkiFitness keeping up resolutions article March 2022- Greenwich Lifestyle Magazine](#)
- [Nikki's Interview on Celebrity Waist Training 3/15 – Health.com/HealthMagazine](#)
- [Nikkifitness Resistance Band Benefits & Workouts -Prevention Magazine, April 2022](#)
- [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](#)
- [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](#)
- [Nikki'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](#)
- [DiabeticLifestyle.com](#)

- [Stay fit during pregnancy with this Walking Workout by NikkiFitness - FitBottomedMamas.com](#)
- [Nikki's Best Prenatal Exercises and Waking Workout Video featured in TheActiveTimes.com](#)
- [Nikki's freelance article Strength Training moves help fight diabetes - Diabetic Lifestyle.com](#)
- [Nikki's Best Prenatal Exercises and Waking Workout Video featured in TheActiveTimes.com](#)
- [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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