



Kimberly Riggins

Body Love Expert

author | coach | self-talk warrior

Fun Facts About Kimberly Riggins

Personal

- Was born in Landstuhl, Germany. (Her dad was in the service.)
- Currently lives in the same town she grew up in. (Even after she swore she would leave and never come back.)
- Born on January 20, 1976. She is a bicentennial baby.
- Suffered and recovered from an eating disorder. (This is what led her to do what she is doing today.)
- Married since 2005 but met and fell in love with her husband Tony in 1996.
- Mommy to Grayson, a 3 ½ year old little boy who is way too big for his britches (takes after his Mommy for sure).
- Has two cute, amazingly sweet Yorkshire terriers, Zoe and Fritz.

Professional

- B.A. Psychology, Kutztown University
- M.S. Holistic Nutrition, Clayton College of Natural Health
- Certified Health Coach, Institute of Integrative Nutrition
- Member of the American Association of Drugless Practitioners
- Former personal trainer and fitness instructor
- Used to market and sell wedding bands and engagement ring settings
- Founder of The Art of Eating Chocolate Naked, a movement that challenges women all across the world to accept and love themselves just as they are. www.kimberlyriggins.com
- Creator of The Love Your Naked Ass Warrior Series, interviews of fierce female luminaries who are daring to defy the social norm and give women a safe place to grow. www.nakedasswarrior.com
- Creatrix of Release Your Inner Vixen, an online program where women can learn how to harness the power of pleasure to ignite their sexy, create sizzling relationships, and infuse more fun into their life, with or without a man. www.releaseyourinnervixen.com
- Author of the book, “Love Your Naked Ass: 80 Gentle Ways to Transform Your Life, Restore Your Serenity & Rediscover Happiness.” www.loveyournakedass.com

Other Fun Facts

- Obsessed with Chocolate. Loves dark chocolate and believes every woman should savor an ounce or two every single day with unabashed intention.
- Equally Obsessed with Red Wine. She is often found enjoying a delicious glass of Pinot Noir or her favorite blend with friends. She also loves pairing red wine and dark chocolate together--believing this combination has the potential to put anyone into an orgasmic state.
- Recovering Perfectionist. She understands that having unrealistic expectations and impossible ideals serves no one. She teaches women to let go of wanting things “just right” and experiencing what is right in front of them.
- Fitness Fanatic. Lover of movement, tries any activity once. Enjoys yoga, Pilates, weight training, plyometrics, biking, hiking, pole dancing, P90X, TurboFire and good ole fashioned dance.
- Seeker of Adventure. Is and always will be on a continuous journey to find pleasure in her life.