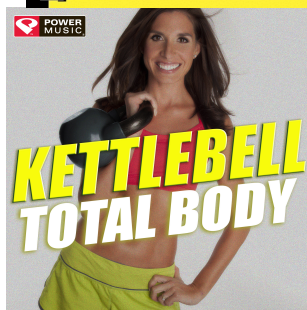
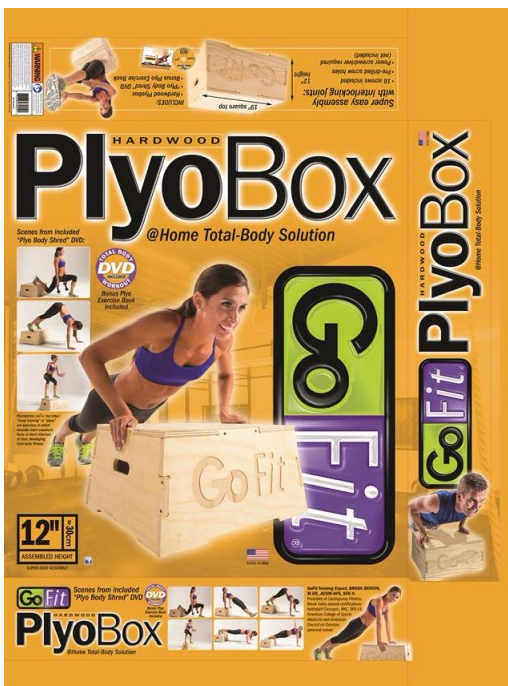
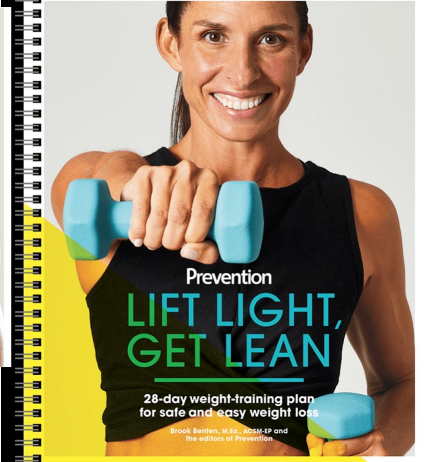




Here's
to wellness
in
2026!



SWEAT CANNOT BE BOUGHT. IT'S EARNED.
SWEAT MEANS YOU SURVIVED SOMETHING.

"No struggle, no story."
That's what I say. Here I'll
turn my sweat into your
adventure.
XO, 

"What a powerful,
positive, and helpful book!"
Sarah Smith,
Editor in Chief, Prevention
"Every woman will relate to the
experiences Brook so bravely
and passionately shares in this
book. Her approachable style
will help all of us become the
best version of ourselves - strong,
vulnerable, authentic, and
ultimately successful."
Haven Lindley,
Wellness writer and author
"What a book! Brook's wit
and workouts will leave your
heart pumping and your
eyes watering."
Roser Winters,
World class pro obstacle racer,
American Ninja Warrior, marathoner

Includes a 12-week workout plan



Whether you're working out alongside one of her best-selling videos, taking a continuing education session with her at some of the industry's best conferences, or reading her motivational blog, you'll quickly see why Brook Benton has been successful at sharing her message with so many. She is authentic, relatable and has a gift for connecting with anyone she meets. A consummate professional with a fierce determination to make an impact, Brook is a role model for both aspiring and veteran fitness professionals.

Here is how Brook shares her message...

My ideal client is ready to make changes for the long haul. They're tired of the alleged "quick fixes." They are in it to learn healthy behaviors, I'm there to make it joyful so that they may never stop.

My message is make movement fun. I always say, "Your vibe attracts your tribe." Exercise can be instrumental in beating America's weight problem, getting people off antidepressants, building social bridges, and improving mental health, but only if fitness professionals deliver content that people actually want to do!

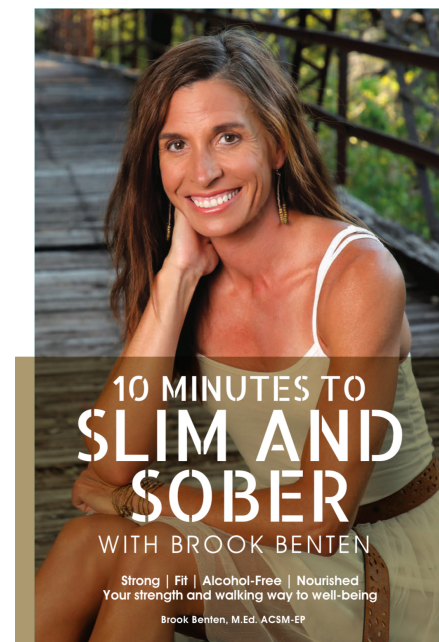
If I had only one way to spread my message, it would be brief video snippets. People watch more than they read. Videos allow me to deliver education while showing the world a glimpse of my personality.

People follow me because I keep things light and make exercise appealing to everyday folks.

Successful messaging enlightens people on something they didn't know before tuning-in to you but does so with a panache that you uniquely deliver. Some of the best social advice I ever received was, "If they like who you are, they'll follow you to the ends of the earth."



Fitness Model and Lead Exercise Physiologist for GoFit, 2010-2016
Choreographer and star of over three dozen workout videos
200 articles contributed to Prevention Magazine, 2012-present
Wellness Travel writer for Texas Lifestyle Magazine, 2020-present
Author of three books—over **25,000 books sold!**
Host of "More Than Sweat" Podcast, 2023-2025
National Fitness Presenter at IHRSA, IDEA World, IDEA Personal Trainer Institute, Power Systems Seminars, 2013-2019
International Personal Trainer of the Year finalist, PFP, 2012
"Austin's Fittest Fitness Professional," The F.I.T. Company, 2012
@BrookBenton Instagram 7,000 (mostly fit, 35+, female) followers
Master's Division Competitive Runner, Triathlete, Trail Runner



A little about Brook Benten

and her giant dog, too



Here's the short version of my professional ventures.

I got into fitness to the tune of "5, 6, 7, 8," teaching Step Aerobics classes in magenta spandex, toting a zipper case full of cassette tapes. As trends evolved, I grew to lead many different kinds of classes. I wanted to know more about the human body and the science behind physical fitness.

Both my undergraduate and master's degrees are in the Department of Health and Human Performance. After graduating in 2004 from The University of Houston, I accepted a job as Fitness Director at Southern Methodist University. At SMU, I wrote a textbook and led semester-long classes called "Fitness Instructor-In-Training." I taught students basic exercise science and biomechanics plus practical teaching skills. When I resigned from my full-time job, I founded a company that brought kettlebell education to campus recreation. This entrepreneurial endeavor allowed me to invest in student professional development while having the space to grow creatively.

Intellectual property became the launching pad for rapid and unexpected exposure. I recorded one of the first five kettlebell DVDs on the American market. At the time, most people had only seen a kettlebell used as a makeshift door stopper at an old gym. I made kettlebell training approachable. I taught how to use the tool. I didn't intent to start a movement. I wanted to show how this equipment solved a problem: it was high intensity, but joint-friendly. Turns out, lots of people needed that low-impact workout. Kettlebell training attracted everyone from weight loss contestants to active aging, personal trainers, athletes and Target shoppers.

My first kettlebell DVD got me on the map as a workout video star. I was picked up as a fitness model and choreographer for several fitness brands. I became an advisory board member for Power Music. I was one of only six international Master Trainers for Johnny G Spirit Bike, and the only American. I booked speaking engagements. To date, I have choreographed videos with kettlebells, SandBells, Pilates, yoga, indoor cycling, core ball, stability ball, bands, dumbbells, Step Aerobics, foam rolling, Boot Camp, cardio kickboxing, Hi-Lo and cardio dance. Two of my kettlebell videos were subtitled and distributed internationally.

In 2012, I began writing for Prevention Magazine. Hearst contracted me to write "Lift Light, Get Lean" in 2023. Since then, I have self-published two additional books, "Sweat with Brook Benten," which is equal parts memoir and self-help and "10 Minutes to Slim and Sober," a total well-being book. I currently write wellness travel stories for Texas Lifestyle Magazine. I serve as a Subject Matter Expert in fitness and wellness and contribute freelance articles and videos.

When I'm not teaching classes, personal training, creating marketing collateral, or gently guiding others to create lives they don't have to escape from, I'm filling my own bucket with things that give me joy. I love jogging my dog, Ernie, every morning on a scenic riverfront trail. I have the time of my life letting my hair blow in the wind as I'm riding my Vespa scooter. I like to trail run to a nearby cliff over a lake, jump off the cliff into the lake, then open water swim. I am a Supertri Ambassador. I take my daily squirrely adventures to Instagram Stories @BrookBenten to embolden my followers to get outside and feed their souls.

Getting Down to Brass Tacks

Brook Benten Jimenez, M.Ed.

Stage Name: Brook Benten (It's my first and middle name.)

301 Caddo Lake Drive Georgetown, TX (Austin suburb) 78628 / BB@BrookBenten.com //512.902.6275 / IG-FB-LI-X @BrookBenten

Education

UNIVERSITY OF HOUSTON, Houston, TX (2003-2004)

Degree: M.Ed. Physical Education, emphasis Sport and Fitness Administration

TEXAS STATE UNIVERSION, San Marcos, TX (1999-2003)

Degree: B.S. Exercise & Sports Science, Business Administration Minor

Certifications

Primary:

ACSM Exercise Physiologist (ACSM ID: 641726, cert number 1010844, valid through 12/31/28)

ACE Personal Trainer (cert number T71172, valid through 2/28/27)

Specialized:

RKC (Dragon Door), SFG I, SFG II (StrongFirst Girya), Kettlebell Concepts, AFPA Nutrition and Wellness Specialist, Trigger Point, Schwinn Cycle, Johnny G Spinning, AAAI Yoga, The Method® Pilates Mat Initiation 101 (Physical Mind Institute), AAAI Pilates, Life Barre, ECA Children's Fitness Specialist, AFAA Aqua Fitness

SMU Cox Business School Master of Negotiations Certification

Certified Professional Life Coach, Baylor University Continuing Education Department

Awards

2020 Muscle & Fitness Hers' "Ms Health & Fitness 2020" semifinalist

2020 Johnny G Spirit Bike Master Trainer (the only American)

2016 CG Arena "Trainer of the Year"

2014 SCW Fitness Education MANIA Top Female Presenter

2012 "Austin's Fittest Fitness Professional," awarded by The F.I.T. Company Institute

2012 Personal Fitness Professional (PFP) "Personal Trainer of the Year" finalist

2009 March 2019 ACPA "National Wellness Spotlight"

2009 SMU President's Award for Continuing Excellence



Over 25,000 books sold