



### **About Cyndi Targosz:**

Cyndi Targosz is a celebrity image consultant, relationship advisor, nationally recognized lifestyle counselor, and motivational speaker certified by ACE, AFFA, and AALC. She is the bestselling author of several books including *Dating the Younger Man* (Adams Media), *Ten Minute Tone-ups for Dummies* (Wiley), *Erase Your Waist* (Sourcebooks), *Your Best Bust* (Sourcebooks), and *The Only Diet Book You'll Ever Need* (Adams Media). Her fitness video and audio programs have sold over half a million copies. She is the star of her Cyndi's Secrets™ fitness DVD series and writes the Cyndi's Secrets™ blog on the Detroit Free Press website FREEP.com

A graduate of Wayne State University; Cyndi obtained her degree in speech pathology and anatomy and physiology. Her professional background includes work as a comedic actress, model, dancer, radio personality, voiceover artist, and singer. These many experiences have shaped Cyndi's core belief of enjoying the journey with passion while setting realistic goals. She has successfully incorporated this philosophy into her M.B.S. System (Mind, Body, Spirit), believing that the mind must be centered, the body must be cared for, and the spirit must be fed. Cyndi is president and C.E.O. of her own company, STARGLOW Productions, Inc. Her celebrity clients include Hollywood actors, actresses, models, and athletes, among others. Her list of corporate wellness clientele has included major firms such as Pacific Bell, Kaiser Permanente, Royal Caribbean Cruises, Volkswagen of America, and many more. The contribution of Cyndi's time and talents has been appreciated by numerous charitable organizations, among them the American Cancer Society, the YWCA, and the Girl Scouts of America. Cyndi was also selected by Famous modern-day pin-up artist Kent Steine to pose for the creation of "The American Spirit" pin-up poster. She raises funds for our veterans and armed services groups through its sales. Cyndi is a frequent guest expert on numerous radio and television programs. Her appearances have included *Good Morning America*, *Fox TV*, *QVC*, *NBC News* and *Donahue*. Visit [www.starglow.com](http://www.starglow.com) for more information about Cyndi Targosz.