

Sherry Gideons

Professional Resume

Film & Television

Ask Oprah's All Stars (OWN)
Breakthrough with Anthony Robbins
The Jenny Jones Show
The Workout Club Host
The Pogo-Go Show Hostess
Leeza Gibbons Show
Redemption
Whatever it Takes
Laser Surgery with Dr. Fouad Gualy
Palm Springs Fitness Jubilee
Upper Island Fitness U.S.A
California State
Championships

Editorial

Excel Magazine Exercise Editor
Freestyle Magazine Technical Editor
Freestyle International Cover story
Athletic Business News
Body Magazine Exercise Editor
Natural Muscle magazine Contributor
Ms. Fitness Magazine Contributor
Bodybuilding.com Contributor/Women
First for Women Cover Story
LA Times Cover Story
Appeal Democrat Newspaper Cover Story

Magazine Features

First For Women, Mens Exercise Only,
Natural Muscle, Iron Man, Oxygen,
Freestyle International, Body Magazine
Ms. Fitness, Excel, Flex, MuscleMag,
Planet Fitness, L.A. Times, Muscular Development

Voiceovers

Top Cellular, World Gym Buena Park
USA Insurance
KUBA 104 F.M Talking it over radio station/local
advertising for businesses

Author

Goddess of Transformation
Sowing Seeds for Change
Deep Level Freestyle

College

University of Phoenix: AA Communications/Journalism
University of Phoenix: BS Communications/Technology

Certifications

Life SOULutions Life Mastery Life Coach
RScP CSL Practitioner, ISSA CPT, Pilates Certified
Freestyle Certified, Fitlifestyles Certified
Dream Challenge Life Coach

World Wide Web

www.sherrygideonsonline.com
www.sherrygideons.com
www.bodybuilding.com

Spokes Model & Community

Bodybuilding.com/Higher Power INC. Spokesperson
SportPharma Nutritional Supplements
Syntrax Nutritional Supplements
Snyder Productions/Freestyle Fitness
Sylmar Eldorado Community Exercise Coordinator
Spokes Model ABA, PNBA, INBA
Motivational Speaker/ LA Unified School District
Performance Coach / The Actors center
Keynote Speaker National Toast Masters Conf. 2002
Events Coordinator / Balboa Children's Camps
Mentor/ Boys and Girls Club Santa Monica
Fit Club Director/Natural Woman Health Spa's
Teen Director/ Center for Spiritual Living
IANDS/International Assoc. for Near Death Studies

Motivational Speaker/Seminar Host

Freestyle for Women (Exercise Philosophy)
Sports Celebrity Marketing
Tarzana LA County recreational facility
Balboa Sports center
Speakers Bureau Dream Challenge Organization
Keynote Speaker National Toastmasters Conference
High Tech Women's Health Club

Radio Broadcasting

Get Unstuck Radio/ with John Seeley
Think Big Radio
Sherry Gideons Mind Talk Radio
Friends for Healing Radio
KUBA/Talking it over/ Freestyle Fitness
KUBA 104 F.M
The Lou Gentile show/ Near Death Experience
Coast to Coast AM/ with George Noory

Home Video

60 Second SOULution Video
Results Guaranteed Time Warner
Reshaping By Sherry TWS Production

Fitness Titles

PNBA Figure
Model Quest America & Universe Series Pro 2001
ABA World Natural Ms. Figure Winner 2000
ABA Ms. Fitness SW Model Search Winner 2000
ABA Upper Inland Ms. Fitness Winner
ABA Ms. Figure Upper Inland Runner-Up
ABA Ms. Figure International Runner-Up
NPC Orange County Championships 10th
Venus Model Search 6th
NPC Palm Springs Ms. Fitness 1997
ABA Upper Inland Ms. Fitness 1997
NPC California State Championships 1997
Lost Isle Beauty Contest Winner 1996
Kenny Kassel's BeautifitGym.com Winner, Phase I & II
Physique of the Month Winner December 2000
US Army Germany Powerlifting Championships