Anita Barbero, founder and owner of Renew Your Health LLC, is first and foremost a person who cares about the physical, emotional and spiritual wellbeing of every individual who participates in her coaching, classes, inspirational workshops, and retreats.

With over twenty-five years as a fitness practitioner, yoga & meditation teacher, and workshop leader — as well as being a lifetime athlete — Anita understands that mindful movement is the change agent which fosters overall physical and mental health.

Anita also served as an innovative health fitness practitioner at ESPN, and created a program called *Everybody Moves* which encouraged employees to move intermittently throughout their day.

Additionally, Anita served as co-chair of ESPN Trust (Talk, Recognize, Understand, Support, Triumph), an employee resource group focused on mental health.

