



Rachel Elizabeth Murray

Health & Fitness Expert, Model, Host, CPT/CSN

Rachel Elizabeth

**Fitness Personality, Trainer and Nutrition Coach,
Speaker, Model, & Blogger**

Rachel Elizabeth is a celebrity fitness personality, trainer and nutrition coach, determined to cause a positive effect on the lives of people worldwide. Living her mantra “God made over man-made” she teaches evidence based fitness and whole foods nutrition, and strives to help you live a holistically fit lifestyle. Rachel Elizabeth has graced the covers and pages of numerous publications, and has been featured in multiple commercials and fitness videos. She has spoken on topics such as body image and brand development, as well as fitness and nutrition education on multiple occasions, and has appeared as featured fitness expert on media segments such as Seattle’s King 5 NewDay NW, and for numerous radio, satellite radio, and online interviews. Rachel is also a published author, speaker, activist, and philanthropist. Through her personal brand, Cause Fitness, she supports the efforts of many sustainable human-interest organizations such as Charity Water, World Vision, and Shared Hope Intl., and plans to launch a non-profit branch of Cause Fitness in 2016.

[Bio and Story](#)

[Brand Beliefs](#)

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As Seen In:

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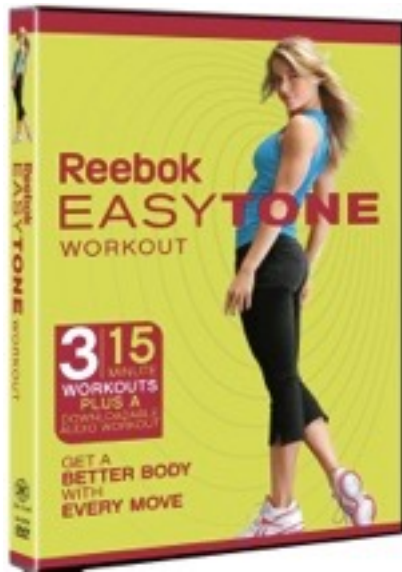
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SHAPE

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fitness

Media Sample



Contact

Contact karen@sluagency.com for bookings, endorsements, appearances, & media requests.

Visit www.causefitness.com for more about Rachel Elizabeth's personal brand.

Social Media:

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