

ASHLEY LEGG

Speaker, Influencer, Entrepreneur

ABOUT ASHLEY



Ashley Legg is a life artist, advocate for health, healer, and motivator, helping people create the life they love through mindful eating, movement, and passion for life. She is the founder of Legg Day Fitness, coaching hundreds of people to their health goals. Formerly a news journalist for NBC affiliates across the country, Ashley utilized her media skills to evolve her brand with a focus on human connection that touches the hearts of many. She recently spoke on the TEDx stage about facing fears, vulnerability, building meaningful relationships, and seizing opportunities. Ashley empathizes with life's struggle and continues to inspire people to take control of their mind and body and ultimately feel their best from the inside out. Legg Day Fitness is based in New Jersey but reaches people worldwide.

9.8K

IG FOLLOWERS

@Legg_Day.

1000+ Average story views

8.5K

FB LIKES

@LeggDay.

7.5% Average Engagement

1.8K

YOUTUBE

Ashley.Legg.

500+ Average Views

About my blog.

ASHLEY'S
JOURNEY

On my blog, I cover health, wellness, fitness, fashion, food, and my infertility journey. I am an open book. I discuss all aspects of my life, the good and the bad. I do this in hopes to encourage and support others through their journeys and let them know that they are not alone. My mantra? #PostWithPurpose.

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ASHLEY LEGG

SPEAKER - INFLUENCER - ENTREPRENEUR

Founder of Legg Day Fitness, speaker (most recently TEDxOU), Forbes Top Female Entrepreneur & former TV reporter turned life healer. Focused on helping people to reach their health/life goals, connect fearlessly & share selflessly.
#PostWithPurpose

WHO I'VE WORKED WITH

TEDx



Walmart

Babygaga

SHEILA FAJL

Forbes

BEAUTYCOUNTER

FILA

Miss America
SINCE 1921

1st
phorm

WORK WITH ASHLEY

Brand Sponsorships
Brand Collaborations
Influencer Collaborations
Meal Prep and Planning
Trying to Conceive Coaching
Event Promotions (digital)
Podcast Interviews
Digital Event Appearances



SPEAKING

Keynote

Ashley has experience giving keynote presentations and panel presentations, both on-stage and online.

Moderator & MC

Having been a former news reporter and journalist, Ashley is a trained professional in moderating events, guiding conversations, and knows how to ask the right questions that keep audiences engaged.

CONTACT

Media/ Speaking

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Influencer Campaigns

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Website / Social Media

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