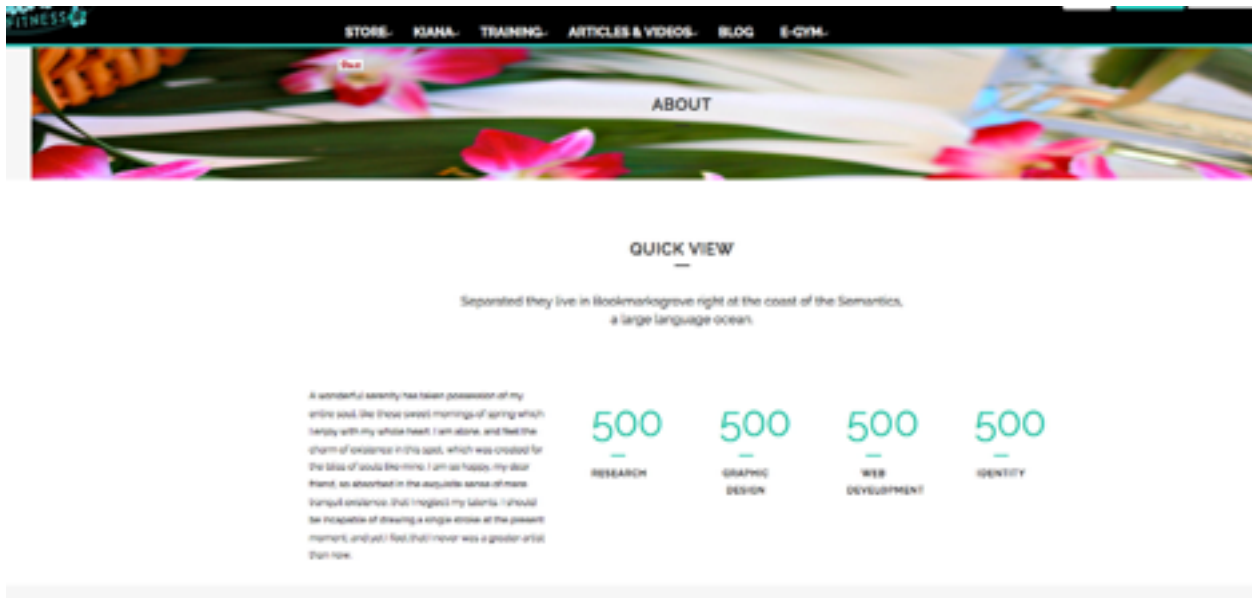


4/15/16

ABOUT PAGE

*What is the dimension of the image at the top?



About Page Upwork
Sub Menu : Kiana / About

What are the dimensions of the header image?

ABOUT KIANA TOM

Kiana Tom's name and fit body are internationally known as the Star & Creator of Kiana's Flex Appeal, the "#1 highest rated show in the history of the ESPN Network." Kiana is a trusted fitness authority who has motivated millions of viewers worldwide toward a lifestyle of health and fitness.

A wonderful serenity has taken possession of my entire soul, like these sweet mornings of spring which I enjoy with my whole heart. I am alone, and feel the charm of existence in this spot, which was created for the bliss of souls like mine. I am so happy, my dear friend, so absorbed in the exquisite sense of mere tranquil existence, that I neglect my talents. I should be incapable of drawing a single stroke of the present moment; and yet I feel that I never saw a greater artist than now.

500
—
RESEARCH

500
—
GRAPHIC
DESIGN

500
—
WEB
DEVELOPMENT

500
—
IDENTITY

80 MILLION

DEMOGRAPHIC

54,750

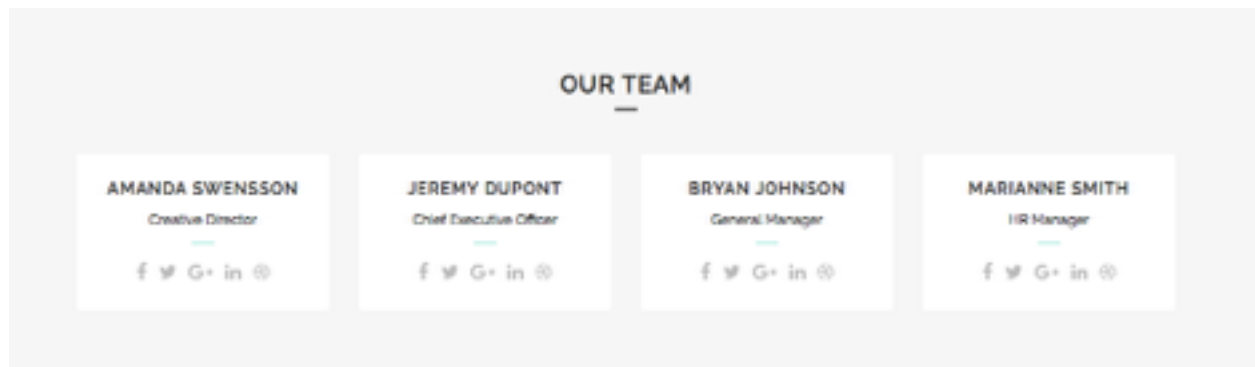
TELEVISED WORKOUTS

4 MILLION

REPETITIONS

10,199

PROTEIN SHAKES MADE



CONNECT WITH US

KIANA TOM

Star & Founder of Kiana's Flex Appeal

Website: www.kiana.com

Twitter: http://www.twitter.com/Kiana_Tom

Google +1 • <http://plus.google.com/u/0/+KianaTomflexappeal/>

Instagram: www.instagram.com/kiana_tom_flexappeal_fitmomtv

LinkedIn • www.linkedin.com/in/kianatomflexappealfitmomtv

FIT MOM TV

The Busy Moms' Fix

Website: www.fitmomtv.com

Instagram: <http://www.instagram.com/fitmomtv/>

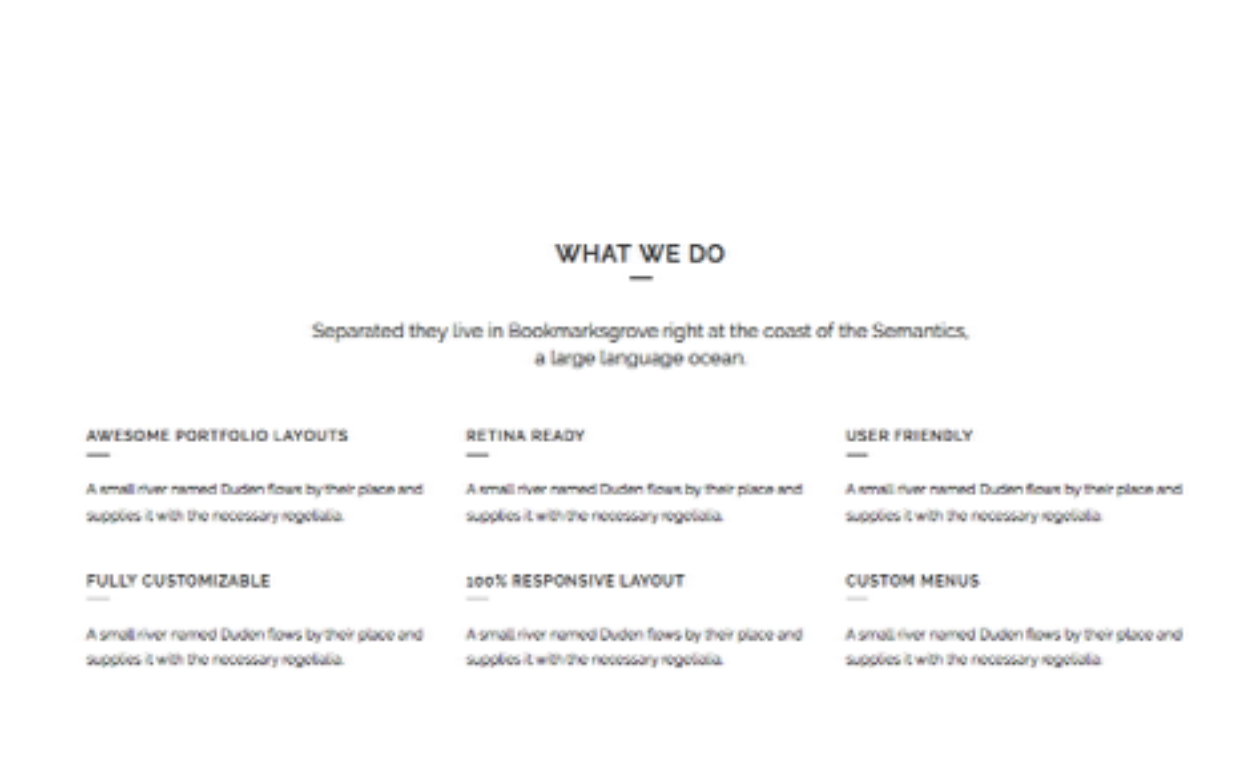
Facebook link: <http://www.facebook.com/KianaTomwwwkianacom>

FIT KIDS & TEENS TV

Motivating children to love health and fitness an early age. Creating healthy habits to last a lifetime.

Website: fitkids.kiana.com

Instagram: <https://www.instagram.com/fitkidstv>



WHAT WE DO

25 years as leaders in the televised fitness industry, we are proud to be a key source of health and fitness information for millions of viewers worldwide. We provide award winning workouts to people all over the world.

TELEVISION: Creators and Producers of Kiana's Flex Appeal, the #1 rated fitness show of all time.

ONLINE FITNESS CLASSES: LIVE broadcasts, 1000s of videos, unlimited streaming worldwide from any device.

EXERCISE DATABASE: Free! Over 1000+ exercises to keep your training fresh & challenging!

TRAINING PLANS: Find a plan and get fit!

TONS OF MOTIVATION: Watch Kiana and her Team train and you'll want to train too!

HEALTHY RECIPES DATABASE: Browse Kiana's favorite recipes to eat healthfully and save time.

KIANA'S WEB WORKOUTS: Coming soon!

ONLINE PERSONAL TRAINING: Coming soon!

Text: Get free fitness advice, tips, healthy recipes and workouts! Follow us on"

INSERT SOCIAL MEDIA LINKS FROM HOME PAGE



HAVE AN IDEA? INTERESTED SPONSOR OR PARTNER? WE'RE HEAR TO LISTEN. ***CALL TO ACTION BUTTON LINKS TO CONTACT PAGE***