

SPEAKER

Amberly presents to a vast array of audiences on overcoming obstacles and motivates anyone going through challenges to never give up.

Her extensive background in fitness and physical rehabilitation leads her to speak to schools, hospitals, private clinics, women's groups, or anyone going through a challenge either personally or professionally. Amberly's keynotes focus on a broad range of topics from personal potential, acceptance, and living life to the fullest. She delivers a motivational presentation designed to inspire all to have the life they have always imagined even if their circumstances have narrowed their possibilities.

Amberly is the author of *True Grit and Grace* where she shares her true story of how her life was forever altered by a devastating motorcycle accident and the victory she discovered through her recovery. She inspires all to thrive and delivers hope to others who suffer from chronic pain.

AUTHOR

As a personal trainer, wife, and mother, Amberly Lago was living the California dream until it turned into a nightmare in May 2010.

As she rode her Harley down Ventura Boulevard that breezy, sunny day, Lago was hit by an SUV, throwing her thirty feet down a busy street and shattering her right leg.

Months in the hospital and 34 surgeries, along with plates, pins, and sheer will eventually spared Lago's leg and severed femoral artery, despite the initial recommendation to amputate. However, as a sexual abuse and divorce survivor, Lago determined to save not only her leg, but her career, her dreams, and her dignity. This





Texas girl at heart dug deep to find the hope and faith needed to face her life's greatest challenge.

True Grit and Grace tells the story of a woman's life forever altered, but not without rich rewards. Amberly Lago weaves the tale of her childhood and early adulthood alongside the grueling process of healing from her motorcycle accident. By embracing gratitude and self-care, Lago found the ability to walk again while continuing to live with chronic pain after being diagnosed with CRPS. Lago's unwavering commitment to regain her active lifestyle of training clients transformed her tragedy into victory and she motivates her audiences to find resilience in their own difficulties. She is a fierce advocate for others who suffer from CRPS and proves that any challenge can be overcome by the support of others as well as a determination and belief in oneself.

BIO

Amberly started her speaking career after her life was deeply altered and her world was completely changed in May 2010. While riding her motorcycle in Woodland Hills, CA, she was hit by a SUV and thrown thirty feet down a busy street. Her right leg took the brunt of the impact and was crushed almost beyond repair.

Despite an arduous recovery process, being a former professional dancer and athlete she was determined to walk again and return to work as a fitness trainer. After a lengthy hospital stay and 34 surgeries, doctors were able to fuse her leg together and repair her severed femoral artery despite the initial recommendation to amputate. However, Lago was diagnosed with a nerve disease called Complex Regional Pain Syndrome (formerly known as RSD) and deals with chronic pain daily. This chronic pain has led her to develop positive, healthy ways of coping with pain and all the emotions that come along with it, and pass it on to others in any kind of pain.



AMBERLYLAGO@HOTMAIL.COM



[TWITTER.COM/AMBERLYLAGO](https://twitter.com/AMBERLYLAGO)



917-670-1065



[LINKEDIN.COM/IN/AMBERLYLAGO](https://www.linkedin.com/in/AMBERLYLAGO)



This life altering experience inspires Lago to communicate how you can turn tragedy into triumph. She demonstrates how you can hit rock bottom and still find the strength to get back up. She instills hope to keep moving forward by sharing different tools and strategies that have worked for her.

Her keynotes focus on transformation, inspiration, and team building. Whether speaking to business groups, young people or anyone who has gone through a serious accident, injury or illness, Lago empowers people to achieve whatever goal they have in mind , both personally and professionally. And by sharing her own experience, she demonstrates how to get the most out of life with acceptance, a strong mental attitude and teamwork.

She has contributed to magazines such as Shape and Fit Pregnancy and her book True Grit and Grace launches in 2017. She resides in Woodland Hills, CA with her husband, Johnny, and daughters Savanna and Ruby.



AMBERLYLAGO@HOTMAIL.COM



[TWITTER.COM/AMBERLYLAGO](https://twitter.com/AMBERLYLAGO)



917-670-1065



[LINKEDIN.COM/IN/AMBERLYLAGO](https://www.linkedin.com/in/AMBERLYLAGO)



AMBERLYLAGO@HOTMAIL.COM



TWITTER.COM/AMBERLYLAGO



917-670-1065



LINKEDIN.COM/IN/AMBERLYLAGO

SUGGESTED INTERVIEW QUESTIONS

1. Tell us a little about your background growing up in Texas and how sayings like “get ‘er done” and “suck it up” actually prepared you to persevere through the challenging times in your life.
2. No person has a perfect childhood, but I understand you are a survivor of sexual abuse and divorce. What advice can you share with others who may be struggling with the same issues?
3. Describe your passion for dance, what it taught you, and how it led you to pursue your dreams to move to California.
4. When did you become so involved in the fitness and health industry and tell us a little bit about your personal training. What kind of training techniques do you teach and who is your clientele?
5. Describe your motorcycle accident, how it impacted your life, and what 34 surgeries have taught you about life.
6. I understand you were diagnosed with a nerve disease called Chronic Regional Pain Syndrome, also nicknamed “the suicide disease”. Is there a cure and tell us how this has changed your life.
7. What do you do for pain management and give us some advice for others living in chronic pain.
8. What motivates you, who are your biggest motivators, and share with us how you can hit rock bottom and still have the strength to get back up.
9. How did you reinvent yourself and get into motivational speaking and who do you speak to?
10. Tell us about your book “True Grit and Grace”. Where can we get it?



AMBERLYLAGO@HOTMAIL.COM



TWITTER.COM/AMBERLYLAGO



917-670-1065



LINKEDIN.COM/IN/AMBERLYLAGO