



**Lee Scott, M.A.,  
ACE-Certified Personal Trainer**

**Owner and Head Coach  
WoW Power Walking  
Toronto, Ontario**

Lee Scott originally trained to be a mechanical engineer, giving her a methodical and research-based approach to her work in the health and fitness industry. A dynamic coach, she has been a certified fitness professional since 1991 and developed the WoW Power Walking® program in 2002. She has coached thousands of walkers for fitness and marathons, and she has power walked more than 100 distance events, including 34 full marathons. As a much-loved yoga teacher with 750+ hours of teaching experience, Scott believes yoga is a perfect complement to power walking and began adding it to her programming in 2013. In 2014, Scott was the overall winner of the women's division in the two walk-only half marathon events offered in North America. In 2017, 2018 and 2019, she was the women's overall winner at the Toronto Waterfront 10k in the walk division. She created the Simple Secrets for a Great Walking Workout DVD-CD in 2006 and is co-author of *The Walking Solution: Getting People to Walk for Results*, published in 2020. Her engaging presence and considerable knowledge of the latest research in exercise science and nutrition has made her a popular expert with the media and at industry conferences.