



EMPOWER YOUR INNER CHAMPION

Tanji Johnson Bridgeman

SPEAKER
FITNESS CHAMPION
VETERAN
WELLNESS EXPERT

SHORT BIO

Tanji Johnson Bridgeman is a multifaceted individual whose journey is marked by resilience, empowerment, and a relentless commitment to personal growth. As a military veteran, 11-time fitness champion, entrepreneur, leader, transformational keynote and TEDx speaker, Tanji embodies the spirit of triumph over embracing challenges. Throughout her 18-year career as a high-level fitness professional, Tanji not only earned 11 champion titles but also inspired and coached over 700 athletes through transformative fitness journeys using positive psychology as a guiding force in her coaching approach and leadership.

Today, Tanji seamlessly integrates her wealth of experience into the wellness space as a functional medicine health coach and is most passionate about leading people to discovering their strengths and leveraging a champion mindset to live a life of self-efficacy and empowerment through her transformational speaking business.

Tanji is a proud wife, bonus mom of 3 boys, business owner and champion who leads organizations and leaders to leverage her foundational strategies to elevate their purpose while achieving excellence through ***empowering their inner champion!***



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LONG BIO

Tanji is a graduate of the U.S. Air Force Academy and began her service in the Air Force as a minority enrollment officer at the U.S. Air Force Academy admissions office responsible for developing a pool of minority candidates for current and future admission. She then served as an aircraft maintenance officer responsible for on-equipment maintenance production of the KC-135 refueler aircraft leading over 200 individuals in six diverse specialties performing inspections, maintenance, launch and recovery. Tanji pursued her passion for fitness and earned her professional status in the International Federation of Bodybuilding (IFBB) in 2001 and competed for 18 years in 54 professional competitions becoming the Pacific Northwest's most decorated IFBB Pro as an 11x fitness champion and continues to stay involved in the fitness industry as an event promoter and judge.

Beyond her personal achievements, she has coached over 700 athletes, guiding them through transformative fitness journeys using positive psychology principles. Tanji's ability to inspire and uplift others has solidified her reputation as a mentor and role model in the fitness industry and beyond. She also took her presence to the big screen and starred as "Stealth" on NBC's American Gladiators in 2009.

Today, Tanji leads a team of wellness influencers to promote clean living and works with her husband in their wellness and sports chiropractic clinic, Bridgeman Health Solutions. Tanji is a certified health coach and helps clients transition to lasting lifestyle changes, physically and mentally. Tanji is most passionate about leading people to discovering their strengths and leveraging a champion mindset to live a life of self-efficacy and empowerment through her transformational speaking business. As a military veteran, 11-time fitness champion, entrepreneur, leader, transformational keynote and TEDx speaker, Tanji leads organizations and leaders to leverage her foundational strategies to elevate their purpose while achieving excellence through ***empowering their inner champion!***



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