



LATOYA SHAUNTAY SNELL



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ABOUT LATOYA SHAUNTAY SNELL

Noted by [The Root](#) as one of the most influential African Americans ages 25 to 45, Latoya Shauntay Snell is a sponsored endurance athlete, body politics advocate, and motivational speaker. She is known for her comprehensive food and fitness blog [Running Fat Chef](#),™ detailing her fitness endeavors from the perspective of a Black, queer, and chronically ill plus-size long-distance runner, multi-sport endurance athlete, and adventurer navigating spaces that often aren't inclusive to marginalized people. Featured on multiple platforms such as [3rd Hour Today](#), [Good Morning America](#), [Huffington Post](#), [The Cut](#), and [Elle](#), Snell is quickly making a name for herself by changing the narrative of ideal body types and fitness stereotypes with firm conversations about boundary setting in the fitness and wellness space.



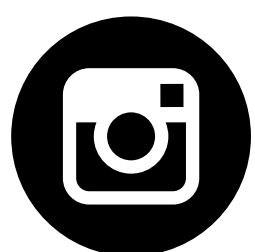
Within a five-year span, she participated in over 200 running and obstacle course events. Snell completed 20+ marathons, 5 ultra-races, and 30+ half marathons within this period -including the Javelina Jundred 100K. Her culinary background at Star Career Academy of New York and several years in the human services field offer her a unique approach to conversations about food, mental health, and fitness. As a plus-size woman in the fitness, wellness, and food industry, Latoya seeks to bridge the gap through daily journaling via social media, transparent blurbs on her blog [Running Fat Chef](#), conversations about intersectionality in sports, and working with not-for-profits to change the language for future generations in sports and beyond.

When she's not running races, traveling, or chasing adventure, she spends her time with her high school sweetheart turned husband, William, Sr. - life partner for over 20 years, her snarky son William, Jr., and their newly adopted cat, Mrs. Sheba Clawsington. You can catch her binge-watching documentaries, experimenting with a new recipe, and indulging in a collection of non-fiction books.

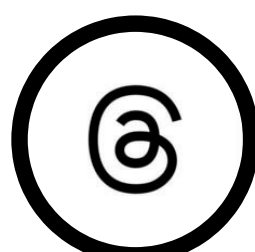
STATS



23.2K Followers
317.4K Likes



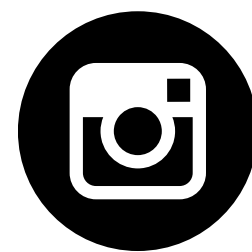
89.4K Followers
[@iamlshauntay](#)



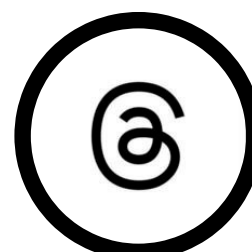
17.4K Followers
[@iamlshauntay](#)



34.4K Followers
[@runningfatchef](#)



12.3K Followers
[@runningfatchef](#)



2.5K Followers
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***"The best thing that you can teach yourself as an athlete is to respect your body, mind, and soul because they are all connected."
- The Fibroid Brunch 2023, Atlanta, GA***

BRAND COLLABS

(BOTH PAST & PRESENT)

- HOKA
- Superfit Hero
- Glasko Smith Kline
- New York Road Runners
- TREK Bikes
- Tampax
- Amazon
- REI
- META
- The Root
- Huffington Post
- Refinery 29 via Clorox

LET'S CONNECT

For collaborations and sponsorship opportunities, please reach out to The Ezer Agency



Altimeese Nichole

Lead Publicist

hello@altimesenichole.com

letsconnect@theezeragency.com

SPEAKING TOPICS

- Redefining Health and Fitness through Self-Acceptance
- Advocacy for Unseen Disabilities
- Empowering Personal Journeys through Living Your Truth: Sharing the Journey of The Running Fat Chef™.
- Inclusivity in the Fitness and Wellness Space.
- Cultivating Self-Care Through Self-Love
- The Perspective of Caretakers
- Motherhood and Relationships