

# Emily Abbate

## Host of Hurdle

Emily Abbate is a connector on a mission to empower women to live healthier, happier, and more motivated lives. Now a 13-time marathoner and triathlete, the veteran wellness journalist and former Fitness Editor at *SELF* Magazine is the brains behind *Hurdle*, acclaimed by The New York Times as “addictive,” with nearly 10 million downloads to date. Featured in Health, Shape, and Runner’s World, Abbate aims to help her audience to feel less alone on their own journey and does so through important conversations with everyone from elite athletes to top CEOs and founders.

