



LOZ ANTONENKO

Author | Speaker | Podcast Host | Mojo Mentor

I'm the author of ***Get The F*ck Unstuck!*** and I help people get out of their own way, stop overthinking and build real momentum in life and business.

I share real stories, hard-earned lessons and a bit of humour to help people reconnect with their mojo and take action on what actually matters.



Helping **high-performing humans** get the f*ck unstuck and build healthy, happy, hype AF lives without the burnout, BS or wellness wankery.

POPULAR PODCAST TOPICS

- 1 Get the F*ck Unstuck**
Why capable people stay stuck and how to move again.
- 2 Dickhead-Proof Healthy Habits**
Healthy habits that work in real life, not fantasy land.
- 3 The Handbrake Habits**
The daily basics that either fuel you or keep you stuck, eating, breathing, sleep, movement and hydration.
- 4 From Stuck to Unstoppable**
The practical path from chaos to confidence.

LET'S CONNECT

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WHAT LISTENERS WALK AWAY WITH

- ✓ *A clear next step.*
- ✓ *A fresh hit of confidence.*
- ✓ *Simple tools they can use straight away.*
- ✓ *A better understanding of why they feel stuck.*
- ✓ *Permission to stop doing life the hard way.*
- ✓ *Proof that small action still counts.*

THE
**HEALTHY
HABIT**
Hotseat



The **Healthy Habit Hotseat Podcast** features candid conversations with world-class experts, athletes, and entrepreneurs, uncovering the habits that drive success in health, performance, and life.