

Lazy Hype Launches Podcast Spotlighting Wellness Entrepreneurs to Build Community

Host, Liz Hernandez, invites leaders in the wellness space to share unfiltered stories, personal breakthroughs, and practical business tips on her podcast.

LOS ANGELES, CA, UNITED STATES, May 16, 2025 /EINPresswire.com/ -- [Lazy Hype](#), a wellness-integrated partner, launches a new podcast featuring a wide network of entrepreneurs and business owners in the wellness space. Hosted by Lazy Hype founder, Liz Hernandez, her community of clients and friends, alike, are invited to share who they are, and how they got there. Liz believes community is for collaboration, and that's exactly what she intends to do with the podcast.



The founder of New Vibe Gymnastics, Violet, joins Liz on the Lazy Hype podcast as one of the show's first guests.

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Liz Hernandez, Lazy Hype founder

“Building community means collaboration to Lazy Hype and it's important to share the stories of the people behind the scenes collaborating with us throughout its growing process—whether that's clients or friends that are on the journey with us,” Liz said.

Throughout the episodes, expect to hear from fitness studio owners, influencers and app developers, meditation centers, and holistic practitioners. The entrepreneurial spirit is a common thread in Lazy Hype's community. Guests discuss their career paths and navigating the road to success in candid conversation with Liz.

“It's like listening to two friends reuniting after a long time,” one viewer said about the podcast.

All the while, guests offer their wellness expertise to listeners by reflecting on their own day-to-

day practice. Whether that's breath work techniques from a yogi, or sexual wellness tips from a professor, (and podcaster!) it can be found on the Lazy Hype podcast.

New episodes of the Lazy Hype podcast can be found on [Apple Podcasts](#) and [Youtube](#). Follow @Lazyhype on Instagram and TikTok.

LAZY HYPE

Lazy Hype provides private label merchandising collaborations for active people.

About Lazy Hype

Lazy Hype provides private label merchandising collaborations for active people. We try to take a realistic approach to sustainability within our partnerships in the wellness space. By connecting the Mind, Body, and Spirit within our company values.

Our partners trust in us to deliver the best production plans, product development, sourcing, and both a beautiful space within their retail environment & e-commerce presence.

Lazy Hype Team

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