



# Everyday Energy:

Healthy Habits for Every Body

**No fads. No perfection. Just small changes with big results.**

*This session builds real-world habits for movement, sleep, food, and recovery that raise energy without “counterfeit” boosters.*

**WHY IT MATTERS:** Steadier energy. Fewer dips.  
More consistent performance.

**“inspired me to think differently”**

*This session had actionable tips and kept my attention that inspired me to think differently about eating, sleeping, and caring for myself as a busy professional.*

**Filomena Fanelli**  
CEO, Impact PR Communications

## ATTENDEES LEARN TO:

- ✓ **Ditch counterfeit energy** and quick crashes
- ✓ **Wake up ready** with sleep and shutdown routines
- ✓ **Reset fast** with movement and micro-breaks that fit any day

## PERFECT FOR:

Whole-company audiences; wellbeing weeks; high-travel roles.

PLAY VIDEO



**Formats:** Keynote, Breakout, Workshop. In-person, virtual, or hybrid.

**Pairs well with:** Reclaim Your Workday, Work Well Remotely

**Popular add-on:** Powered Path Goal-Achievement Program & Ask Me Anything follow-up.

**CTA:** Book this session to power your people with habits that last.