

energy escalators

Healthy habits for real people.



Are you tired of being tired and want to amp up your energy naturally?

Do you get overwhelmed by all the recommendations and then resort to the status quo and do nothing?

It's not about looking good in a bikini or the latest trendy diet. The focus will be on learning: the stages of change, milestones, and triggers for behavior shifts; eating for energy and decision-making; movement opportunities instead of exercise; sleep hygiene for body and mind restoration; and stress management techniques to create appropriate transitions from work to home and back again.

Power up your health by learning simple ways to feel better.



I want to thank you so much for doing such an excellent job with our clients. People were talking about you through the rest of the conference. You were spot on with your presentation and it really resonated with the whole group.

- Mona Miranda

Director Account Management,
Travel Solutions International

LEARN HOW TO:

- ✓ **Eliminate pancake butt** while increasing creativity and collaboration
- ✓ **Remove counterfeit energy** and improve focus and attention
- ✓ **Optimize sleep** for maximum alertness
- ✓ **Employ stress relievers** that don't involve sitting on a mountain top

format:

- Keynote, Workshop, Breakout
- 45 minutes to half-day

THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Want to incorporate healthy behaviors that are practical and effective with maximum impact at work and home.
- Struggle with knowing where to start to improve their health.

PLAY VIDEO

