everyday energy

Healthy Habits for Every Body



Are you tired of being tired?

Overwhelmed by the health gurus who only care if you **look good naked?**Wishing there was something you could do for your health that **actually works for real people?**

Meet **Everyday Energy** - an introduction to the **healthy habits you've been looking for.** We'll skip worrying about bikini bodies, trendy or tasteless diets, and running marathons.

Power up now with simple ways to feel better!

Marcey Rader's session had very actionable tips. She was a dynamic presenter, kept my attention at all times, and really inspired me to think differently about how I eat, sleep and take care of myself as a busy business professional. I'm going home with tips to implement immediately. Thank you!

- Filomena Fanelli

CEO Impact PR Communications

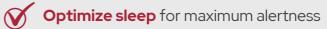
format: Virtual or In-person

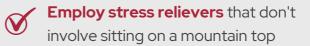
length: 45 - 110 minutes

LEARN HOW TO:









THIS PROGRAM IS PERFECT FOR PEOPLE WHO:

- Want to incorporate practical, healthy habits
- Struggle with knowing where to start to improve their health
- Feel intimidated by all the information and resort to status-quo behavior

