

\*Wellness, Health, Habit Change

# 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

### LEARN HOW TO:

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

**format:** Virtual or In-person

**length:** 45 - 110 minutes

### 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

PLAY VIDEO

