

# everyday energy

Healthy Habits for Every Body



Virtual or In-Person | 45 to 110 Min

*Done being tired and the endless pursuit of perfection?  
Overwhelmed by health gurus who only care if you look good naked?*

Get *Everyday Energy* and an intro 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 always, and inspired me to think differently about eating, sleeping, and caring for myself as a busy professional. I'm going home with tips to implement immediately.*

- Filomena Fanelli  
CEO, Impact PR Communications

## LEARN HOW TO:

- ✓ Kick "**counterfeit energy**" to the curb for better focus focus & at
- ✓ Say goodbye: "**pancake butt**" and hello: creative, collaborative life
- ✓ Sleep like a pro and wake up ready to **conquer the world**
- ✓ **Unwind & de-stress** without mountain retreats or meditation mastery

PLAY VIDEO



## PERFECT FOR PEOPLE WHO:

- Crave practical, relatable, and fun ways to improve their health & well-being.
- Struggle with knowing where to start to improve their health.
- Intimidated by all the information & resort to status-quo behavior.