



**Inspiring Vitality**  
Never Too Early, Never Too Late

**Cathy Richards** helps smart leaders maximize physical health, brain function, and energy levels for an unbeatable business edge.

## What Clients Have to Say

*“Cathy’s high-energy style and enthusiasm, combined with her solid expertise and realistic approach won rave reviews! We can’t wait to have Cathy back for more!” ~ Anna Roche, Senior Well-being Strategist, Adventist HealthCare Lifework Strategies*

*“Cathy did a great job motivating our leadership team to embrace a fresh, new perspective on fitness and well-being. I’m sure her influence will have a positive impact on our employee wellness efforts!” ~ Dennis Hunter, Vice President, Brooke Grove Foundation*

## *Strong Body, Sharp Brain, Endless Energy* *The Unbeatable Business Edge*

Smart business leaders do what it takes to be at the top of their game and maximize their greatest assets. Learn:

- ◆ Mindset mastery that will change your intermittent efforts into lifelong healthy habits
- ◆ Executive Fitness Formula: the four-level plan that assures a custom fit for every situation
- ◆ Metabolism magic to burn calories like a furnace
- ◆ Four factors that FOREVER FIX FATIGUE
- ◆ Goodbye back pain in two minutes a day
- ◆ Superfood formula and a personalized, timeless eating plan for your healthy weight.
- ◆ Brain fitness facts that will change the way you age.
- ◆ And much more

*Programs can run from one hour to full-day and even multi-day sessions. Cathy will work with you to customize the program length and depth of content for your group’s unique needs. Find information on other titles at [InspiringVitalityNow.com](http://InspiringVitalityNow.com).*

**Cathy Richards, M.A. inspires vitality!** Her unique “never too early, never too late” approach merges messages of wellness for executives and older adults from spending fifteen years in corporate wellness for Marriott and eight years in senior wellness for Asbury, both leaders in their industries. Cathy earned the coveted C. Everett Koop National Health Award and has a M.A. Degree in Exercise Physiology. With more than 20 years’ experience as a wellness coach and strategist, she unlocks key mindset shifts and strategies for lasting motivation and lifestyle change at any age. Her passion for healthy living is contagious and she is a frequent presenter for employer groups and conferences, bringing a rich perspective and a lasting impression.



## As Seen In...



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