



Inspiring Vitality
Never Too Early, Never Too Late

Cathy Richards helps baby boomers and beyond maximize physical health, brain function, and energy levels for an amazing quality of life at any age.

Strong Body, Sharp Brain, Endless Energy For Baby Boomers and Beyond

Extraordinary health and quality of life is within reach and within your control at any age! You need to know:

- ◆ Common lifestyle habits of those who live beyond 100
- ◆ Brain fitness facts that will change your future
- ◆ Your hearing and dementia— linked and important!
- ◆ Muscle magic that will keep you mobile and agile
- ◆ The number one strategy to prevent falls
- ◆ Goodbye back pain in two minutes a day
- ◆ Superfood cheat sheet and a personalized, timeless eating plan for your healthy weight.
- ◆ Why WHERE you live matters significantly
- ◆ 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.

Cathy Richards, M.A. inspires vitality! Her unique “never too early, never too late” approach merges messages of wellness for seniors and executives 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 senior communities and conferences, bringing a rich perspective and a lasting impression.



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

As Seen In...



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