



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

**Cathy Richards** helps smart leaders support their teams with energy building and burnout prevention strategies for improved health and 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 Wellbeing 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*

**Cathy Richards, M.A. inspires vitality!** Her unique “never too early, never too late” approach delivers strategies for productivity, rejuvenation, and peak performance starting TODAY. She merges expertise with executives and older adults after specializing in corporate wellness followed by senior wellness. Cathy earned the coveted C. Everett Koop National Health Award and has a M.A. Degree in Exercise Physiology. Her book, *BOOM: 6 Steps to a Longer, Healthier Life* earned the Amazon Best Seller Banner in its first week of publication with almost 3,000 purchases and downloads. With more than 20 years’ experience as a coach and speaker, 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...



## **BOOM!**

### *6 Step to an Unbeatable Leadership Edge*

Smart business leaders recognize that their team members are their greatest assets; yet, many hard-working professionals face burnout and fatigue. It’s hard to fit in healthy habits while balancing work and home life. *BOOM* represents a wake-up call that rejuvenates your team. We’ll take an inspiring look at the six steps that improve physical, mental, and emotional wellness and have a positive effect on the workplace at the same time. Focus areas include :

- ◆ Mindset mastery that will change intermittent energy into lifelong vitality
- ◆ Exercise as the Magic Pill
- ◆ Rejuvenation station to forever fix fatigue
- ◆ Superfood and movement secrets that make MAGIC
- ◆ Brain function and stress management tools that will supercharge your life
- ◆ And much more

*Cathy will work with you to customize the program length and focus areas for your group’s unique needs. Find information on other titles at [CathyRichards.net](http://CathyRichards.net).*

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