



Cathy Richards Media Programs: Boost Your Brain Power!

Cathy Richards is available for media interviews for TV, radio, online shows, and podcasts. Her specialty area is motivational and practical advice for starting and sticking to a personal health and fitness plan that will lead to lifelong wellness and healthy aging. One of Cathy's signature programs is outlined below. Additional titles are available at cathyrichards.net/media. All media inquiries will receive a prompt reply. Contact 301-742-1815 or cathy@cathyrichards.net.

Segment Title: Boost Your Brain Power!

Segment Summary/Segment Lead-In:

Maintaining brain fitness is a critical factor in quality of life as we age. Join us to learn the most important lifestyle habits that will make the biggest difference in keeping your brain in tip-top shape. What is the role of exercise, nutrition, brain games, and so much more? We'll identify what really matters, what's a myth, and what you can do to improve your memory, cognitive skills, and overall quality of life. You'll leave the session motivated to take charge of the factors within your control to nurture and train your amazing brain!
Welcome, Cathy!

Short Bio Suitable for Introduction

On today's show, we welcome Cathy Richards, M.A., an exercise physiologist, wellness coach, and the bestselling author of *BOOM: Six Steps to a Longer, Healthier Life*. After working with a range of ages from college students all the way to older adults, Cathy focuses on maximizing physical health, brain function, and energy levels for all ages with a unique message of "never too early, never too late". Welcome, Cathy!

Sample Questions

1. We hear so much about the importance of brain fitness these days, especially as it relates to healthy aging. Why all the attention?
2. What are some of the natural changes we see in the brain as we age?
3. When should we worry about memory loss?
4. Is it inevitable as we age?
5. What are some of the ways we can reduce our risk of cognitive decline as we age? You have a list of 12 strategies?! How about if you give us the top three.
6. Ok, so we've talked about exercise, healthy eating, and sleep.
7. You told me there's one more strategy that you want to fit into our time because it's a little surprising and really important. What is that?
8. Tell us about your book.
9. You have a special offer for our listeners so they can receive all twelve of the strategies you recommend? Can you tell us about that?
10. How can the audience connect with you?

Links:

Free gift: <http://www.cathyrichards.net/BrainPower>

Facebook: <http://www.facebook.com/InspiringVitality>

Instagram: <http://www.instagram.com/InspiringVitality>

YouTube: <http://www.youtube.com/c/CathyRichards>

Book: <https://www.amazon.com/BOOM-Steps-Longer-Healthier-Life/dp/0976780011>