

**Cathy Richards, M.A.**  
**Lifestyle and Wellness Strategist and Speaker**

**301.742.1815**  **cathy@InspiringVitalityNow.com**  **InspiringVitalityNow.com**

*Thank you for booking Cathy to speak at your event! The below information should be helpful for your promotional materials. Please contact Cathy with any additional questions.*

**Title: Strong Body, Sharp Brain, Endless Energy for Baby Boomers and Beyond**

**Description:**

Extraordinary health and quality of life is within reach and within your control at any age! It’s never too early or too late to make meaningful health improvements with even modest investments of time. 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— how they are linked and why it’s so important ♦ Muscle magic that will keep you mobile and agile well into old age ♦ The number one strategy to prevent falls ♦ Goodbye back pain in two minutes a day ♦ Superfood cheat sheet and a timeless eating plan for your healthy weight ♦ Why WHERE you live matters significantly for your quality of life. And much more! Join us to get inspired and get moving on a path to greater health!

**Biography (suitable for printing in entirety or excerpts):**

Cathy Richards, M.A. is a lifestyle and wellness strategist and speaker who helps baby boomers and beyond maximize physical health, brain function, and energy levels for an amazing quality of life at any age. Her unique “never too early, never too late” approach merges messages of wellness for all ages after 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 Coop 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 55+ communities and conferences, bringing a rich perspective and a lasting impression. You can find out more about her at [www.InspiringVitalityNow.com](http://www.InspiringVitalityNow.com).

**High Resolution Photos:** downloadable at <https://www.cathyrichards.net/meetingplanners.html>

**Pre-Program Questionnaire:**Please download, complete, and return this important form so that Cathy can customize the program for your audience. When you submit your completed questionnaire, please provide several dates and times that would be convenient for a brief phone call to review the information with Cathy and discuss your organization’s unique needs. Download at: <https://www.cathyrichards.net/meetingplanners.html>

**Equipment and Set-up needed:**

* Lavaliere microphone. I will bring my own Countryman E6 Earset microphone with Shure adaptability to connect to your lavaliere microphone pack. I will need your lavaliere as a backup.
* Two small tables
  + One placed slightly in front and off to the side of where I will stand for my laptop. (This table placement is important to ensure that I don’t need to turn around to look at the large screen during the presentation.)
  + One near the back or side of the room for audience materials.
* Extra computer cable if this table placement will not be close enough to electrical outlet
* Additional cordless handheld microphone for audience during Q & A Period
* LCD projector and screen (I will bring my own laptop loaded with a PowerPoint presentation)
* Background behind screen and presenter area should be free from clutter and distraction

**Day-Of Requirements**

* Cathy will arrive approximately one hour prior to the presentation time and would like to meet with the audiovisual technician and/or videographer for an A-V check.

**Introduction: To be read by host who will introduce Cathy:**(Cathy will also bring a hard copy with her on the day-of.)

Raise your hand if you want a strong body, sharp brain, and endless energy. You are in the right place! Cathy Richards helps baby boomers and beyond get all three! She’s going to teach you to maximize physical health, brain function, and energy levels. You just watch! You can experience an amazing quality of life at ANY age!

Cathy knows what she is talking about. She spent fifteen years in corporate wellness for Marriott and eight years in senior wellness for Asbury. Both are well-respected leaders in their industry. Do you remember the name C. Everett Koop – the former surgeon general of the US? He honored Cathy with a national health award for her work in wellness and lifestyle change. Her unique message is that it’s never too early and never too late. She will show you that wellness is possible through all stages of life.

Cathy offers key mindset shifts and strategies to motivate you to make important lifestyle changes **right now.** She holds a Master’s Degree in Exercise Physiology and more than 20 years as a wellness coach and strategist.

You will soon find out that Cathy’s passion is….Contagious! That’s why she is a frequent presenter for 55+ communities and conferences. Make sure you listen for her special tips on avoiding rotten bananas in the bottom of your backpack!