



Cathy Richards, M.A.

Biography

Cathy Richards, M.A. is a lifestyle and wellness strategist and speaker who works with both corporate and older adult audiences and clients to maximize physical health, brain function, and energy levels. A C. Everett Koop National Health Award winner, Cathy's unique "never too early, never too late" approach merges messages of wellness for all ages after spending fifteen years in corporate wellness for Marriott followed by eight years in senior wellness for Asbury, the 15th largest not-for-profit CCRC in the U.S. Cathy also serves as adjunct faculty for Montgomery College and supports thirteen "55+ Senior Recreation Programs" at Montgomery County Recreation centers. Cathy is the author of the forthcoming book, *BOOM: 6 Steps to a Longer, Healthier Life*, as well as *The Busy Mom's Ultimate Fitness Guide: Get Motivated and Find the Solution that Works for You!*. Cathy has also contributed to numerous other publications focused on helping busy people start and sustain a realistic wellness routine.

Cathy has provided seminars, trainings, and consulting in the areas of health and wellness for over 20 years, unlocking key mindset shifts and strategies for lasting motivation and lifestyle change at any age. Her passion for healthy living is contagious and she has been featured on numerous TV news stations and print publications including the Washington Post. She is a frequent presenter for business conferences and senior living organizations, bringing a rich perspective and a lasting impression.

Select Credentials

- Winner, C. Everett Koop National Health Award for Worksite Wellness
- Served as an Expert Testifying witness for a White House Commission on Worksite Health Promotion
- Certified Exercise Physiologist (American College of Sports Medicine)
- Certified Fitness Coach (Wellcoaches)
- Certified Brain Fitness Facilitator (Senior Fitness Association)
- Certified Senior Fitness Instructor (Senior Fitness Association)
- Certified Long-Term Care Fitness Instructor (Senior Fitness Association)
- Certified Dementia Practitioner (National Council of Certified Dementia Practitioners)
- 20+ years previously held Certified Strength and Conditioning Specialist (National Strength and Conditioning Assoc.)
- 20+ years previously held Certified Group Exercise Instructor (American Council on Exercise)
- M.A. Degree in Exercise Physiology and B.S. Degree in Kinesiological Sciences
- National Speaker Association - Class of 2018 NSA Speaker Academy, NSA-DC Chapter
- Winner of four "Azy" Awards from Asbury Communities, Inc.: "clubWOW: Working on Wellness", "Full Circle Success Elective Surgery Preparation Program" and two for media placement.
- Recipient of ICAA Innovator Award as part of Asbury Wellness Team for a Brain Fitness Program