



Inspiring Vitality
Never Too Early, Never Too Late

Cathy Richards helps smart leaders increase productivity and eliminate burn-out for peak performance and an unbeatable business edge.

Power UP Your Productivity!

Rejuvenate and Elevate for an Unbeatable Business Edge

Smart business leaders do what it takes to be at the top of their game and maximize their greatest assets. Increase productivity and rejuvenate your team with my “Six Steps to Power UP. Many hard-working professionals face burnout and fatigue. Support your team and facilitate peak performance with the right tools and inspiration. Learn:

- ◆ Mindset mastery that will change intermittent energy into lifelong vitality
- ◆ Rejuvenation station to forever fix fatigue
- ◆ Superfood and movement secrets that make MAGIC
- ◆ Brain function facts that will supercharge your life
- ◆ And much more

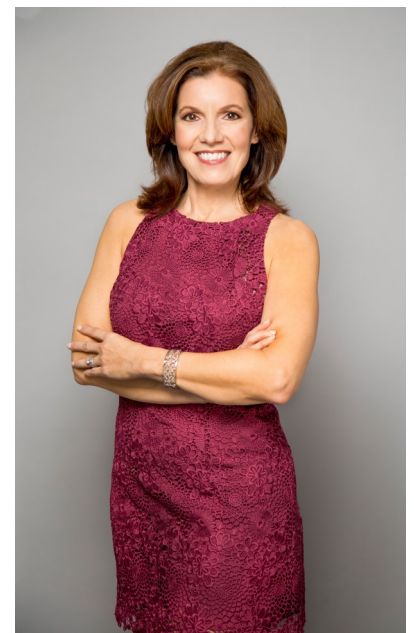
Programs can run from one hour to full-day and even multi-day sessions. Cathy will work with you to customize the program length and depth of content for your group’s unique needs. Find information on other titles at CathyRichards.net.

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 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...



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