



Cathy Richards

Speaker • Author • Coach • Consultant

Cathy is a fitness and wellness strategist who works with older adults...and anyone who will someday be an older adult! She helps individuals and organizations take to heart the undeniable benefits of a healthy lifestyle and craft realistic plans for lasting fitness and vitality.

Signature Programs

It's Never Too Early or Too Later to Get Stronger

What's the stereotype that pops into your head when you think of fitness? Is the idea of exercise overwhelming to you...or maybe underwhelming? Some may say, "I'm fine as I am, I don't need exercise" while others say, "I'm too old to make any real improvements". Let's put the brakes on both of these extreme points of view! Join me to learn *why* it's never too early or too late to get motivated to get moving, *why* it's not as hard as you might think, exactly *how* to put together a customized, realistic plan, and *why* you literally cannot afford not to!

The Super-Ager's Approach to an Amazing Brain

Maintaining brain fitness is a critical factor in quality of life as we age. Join me 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!

Programs 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 audiences!

Her passion for healthy living is contagious and she has years of experience coaching, training, and motivating clients to transform their lives. With a Masters Degree in Exercise Physiology and a C. Everett Koop National Health Award, she's worked with a variety of audiences to bring a rich perspective of wisdom and a lasting impression. She is a frequent presenter at conferences and has been featured on numerous TV news stations and print publications including the Washington Post.



301-742-1815

cathy@cathyrichards.net

www.cathyrichards.net