



Cathy Richards Media Programs: Your Fresh Start to FOREVER FIT

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. Cathy's signature program is outlined below. Additional titles are available. All media inquiries will receive a prompt reply. Contact 301-742-1815 or cathy@cathyrichards.net.

Segment Title: Your Fresh Start to FOREVER FIT!

Segment Summary:

Do you need a little more motivation to get started (or re-started) with healthier habits? Have you started and stopped more times than you care to remember? Fed up with fad diets and endless gimmicks that never work? You are in the right place! Join us for a dose of motivation and the top tips to spring into long-lasting success! In no time at all, you'll go from uninspired to UNSTOPPABLE and you'll have the tools and steps you need to start right away!

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!

Lead-In

How many Monday mornings have you said to yourself "This is the week I'll get back on track"? with exercise, healthy eating, or [fill in the blank]. So many of us could use a little more motivation and expert guidance to get started (or re-started) with healthier habits that will get us the results we want while being realistic and sustainable! It's not easy! Our guest Cathy Richards is a best-selling author, exercise physiologist, and wellness coach who has helped thousands of clients find the right mix of healthy eating and exercise that gets them results AND that they can stick to long term to KEEP the results. Welcome, Cathy!

Sample Questions

1. So Cathy, it sounds like you work with a lot of frustrated individuals, What are the most common frustrations people come to you with?
2. Why do you think so many people have a hard time sticking with exercise and other healthy habits?
3. So what do you recommend our listeners/viewers to do?
4. What habit changes can viewers address that will have the biggest impact?
5. You talk about quick wins vs. quick fixes. Can you explain what you mean by that?
6. Can you tell us more about what mean by "Never Too Early, Never Too Late?"
7. What advice do you have for someone who doesn't like exercise or doesn't have the time?
8. Tell us about your book.
9. You have a special offer for our listeners? Can you tell us about that?
10. How can the audience connect with you?

Links:

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

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>