

Rise Above: Creating the Best Version of Yourself

Choosing to be healthy is not the easiest path to follow in life. As much as we'd like there to be, there's no magic pill that will ensure we live to be 100 and that we look and feel fabulous getting there. The rewards for rising above current trends and refusing to succumb to our convenience society though make creating a healthy lifestyle so worthwhile! In this session you'll spend time uncovering your true motivation and defining your critical path to better health, whatever that looks like for YOU specifically. Oftentimes health is not just about what you eat and how often you exercise. Learn what may be preventing you from reaching your goals and how to create success through small, gradual habit changes. We'll also talk about ways to foster an environment at work and at home that better supports the journey to creating the best version of yourself. You have this one life and this one body to take you through it, so let it be amazing!