

One Size Fits One! What Makes You Tick?

Sample Topics

The content of the following workshops is geared to inform and inspire 'the folks' to re-imagine their third and fourth stages of life, and embark on a journey of doable and practical habits and patterns that promote an active and engaged life full of purpose and meaning.

Time frames vary based on the objectives of the host and audience [1+ hours]; descriptions and formats made available upon request.

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- Aging Younger for Longer? Genetics vs. Lifestyle.
 - Daily Practices, Habits and Patterns *Your* Optimal Blend for Active Aging!
 - Ignite the Flame Fuel the Fire ... the Future of Active Aging!
 - Self-Care or Self-Obsession? Is there A Line?
 - Successful Aging With Resilience, Durability and Purpose.

 - All Movement Matters Live, Labor, Work, Care-give, Play and Train!
 - Boomer Grit Getting Tougher for the 4th Quarter [of Life]!
 - Comfy and Convenient The Fast Track to Disability!
 - Exercise: Doses and Dosages Depend! On....
 - Training Ramp Up or Dampen Down ... Just Don't Stop!

 - Active Women Real Bodies ... Real Facts!
 - Frame, Form and Stature Bone, Muscle and More!
 - The Pause ... Pre, Peri and Post ...Facts vs. Fiction!
 - Women, Food and PhysiquesWe've Come A Long Way, Or Have We?

 - Eat and Drink for the *Health* of It ...Concrete 'No Babble' Strategies.
 - Eat and Drink for Fat Loss ... Gut-Busting Strategies.

 - Spirit-Mind-Body: Fortify Your Resources – Bend Your Aging Curve!
 - Stress-Eustress-Distress Make It Work For You!

Handouts, and other support materials will be made available via e-mail at the scheduled event.
Contact Pat to discuss fees, formats, equipment availability and AV requirements.

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