

Optimizing Fitness for Baby Boomers & Seniors through Nutrition & Exercise!



LISA HARRIS, MS, RD, ACE-CPT

SPEAKER. AUTHOR. FITNESS PROFESSIONAL. REGISTERED DIETITIAN.

A Registered Dietitian and Certified Personal Trainer, Lisa Harris is passionate and enthusiastic, engaging her audiences with inspiration, education and practical strategies. She provides scientifically proven tips that attendees can use right away to enjoy greater health and well-being. From eating plans to hands-on strength training exercises, **LISA EMPOWERS AUDIENCES TO MOVE TOWARDS LIVING A HEALTHIER LIFE.**

Lisa firmly believes you have the power to add quality and longevity to your life, no matter the age, through physical activity and nutritious foods--and she can show audiences how! A sought-after fitness professional, writer and speaker, Lisa's talks are appropriate for all audiences--keynotes, breakout sessions, conferences, retreats, associations and forums. Her content can be easily customized to your particular group or industry; just ask!

SHAPE

Men'sFitness

L I V E S T R O N G™ . C O M

NORTH COUNTY TIMES

5 SECRETS FOR HEALTHY AGING:

Stay Young with Physical Activity & Nutrition

Many chronic diseases associated with advancing years are not a natural process of aging. Lifestyle choices are vital in maintaining the functional health needed to live independently as long as possible. In this info-packed and interactive workshop, Lisa walks audiences through:

- 🍏 Why you have more control over the aging process than you think!
- 🍏 5 simple decisions that will turn back the hands of time
- 🍏 Which eating habits can turn away - or invite - chronic disease
- 🍏 How exercise supports a healthy brain

Want to give your audience more?

Lisa's book titled "7 Fitness Myths Debunked" can be gifted to attendees. Download your copy now at www.EnduringFitness4U.com/7-fitness-myths



LISA'S MOST REQUESTED PRESENTATION!

“ Lisa's talks are **INFORMATIVE** and **PACKED** with useful information... a **CLEAR, CONCISE** and **CONFIDENT DELIVERY.** ”

Donna B., Professional Organizer

YOU WANT LISA AT YOUR EVENT!

Book her today!

(951) 533-2612

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VISIT LISA'S WEBSITE
EnduringFitness4U.com

Lisa's dynamic and engaging presentations can be tailored to your specific needs. A 25- and 50-minute version on each topic is available.

“Lisa not only carries the necessary credentials, but also is extremely knowledgeable regarding the subject; **HER PASSION SHOWS** through! She is a very skilled presenter...**ENGAGING, UNDERSTANDABLE, TECHNICALLY ACCURATE.**”

Stephanie G., Nutrition Student



MORE ABOUT LISA HARRIS, MS, RD, ACE-CPT

Award-winning entrepreneur, Lisa Harris has more than 30 years of experience as a Registered Dietitian, and has been certified as a Personal Trainer with a specialty in Senior Fitness by the American Council on Exercise (ACE) since 2013. She is also a certified Geri-Fit® instructor and licensee.

Serving baby boomers as the CEO of Enduring Fitness 4 U, Lisa provides individual fitness training and nutrition coaching in the privacy of her clients' homes, and in small group training in the Temecula-Murrieta, CA area.



LISA'S OTHER PRESENTATIONS

FROM HARRIED TO HEALTHY: Fit for Success

Today's busy professionals often neglect the one asset that's critical for ongoing success--their own well-being. As a person's health suffers, so does performance, causing distress in other areas of life. Keeping work and life balance in mind, participants will learn:

- Simple lifestyle changes that will lead to improved health
- Benefits of healthy eating and exercise for professional success
- Easy ways to "make" time for movement

GOT DIABETES?

If your answer is "yes," you're in good company--unfortunately. Nearly 50% of the U.S. population has been diagnosed with either pre-diabetes or diabetes. Both physical activity and diet are key to controlling this disease. To help fight diabetes, Lisa provides attendees with key strategies, such as:

- 3 simple eating tips to put the brakes on high blood sugar
- Why some carbs are not your enemy--some are your friends!
- How a 30-minute break boosts diabetic control

PAST SPEAKING ENGAGEMENTS

California State University, San Bernardino and San Marcos
Academy of Nutrition and Dietetics Annual Meeting
California School Nutrition Association Annual Conference
BF Suma Pharmaceuticals, Inc.

Inland Empire Women's Business Center

Four Seasons Adult Community

Atria Park of Vintage Hills Independent and Assisted Senior Living

Home Instead Senior Care

Temecula Senior Center

Temecula Public Libraries

Rotary International



BOOK LISA FOR YOUR NEXT EVENT

Call or email:

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