

Lorraine Bossé-Smith

FINDING TIME TO GET FIT HEALTHY AND HAPPY

We all know we need to exercise and eat right. Where do we find the time...that is the question!

This informative yet engaging program tackles some of the most common and time-consuming time traps and provides real-life strategies and solutions for creating space for a healthy lifestyle.

Could you use an extra 30 minutes or an hour a day? I'll help you!

*"We spend out entire youth chasing and making money
at the expense of our health.
We spend our retirement years using all our money in hopes of
regaining our lost health."*
Lorraine Bossé-Smith

THREE TAKE AWAY BENEFITS



Participants will:

- Identify obstacles sabotaging their efforts and understand the importance of personal motivation and responsibility.
- Learn how to unplug "vampires" that suck valuable time and energy away and to set healthy boundaries.
- Discover how to manage life's events more effectively and find time to get fit, healthy and happy!



3120 West Carefree Highway
Suite #1-617
Phoenix, AZ 85086

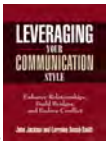
(623) 582-1578
www.lorrainebosse-smith.com



AUTHOR OF

Leveraging Your Communication Style

Open the doorway to better communication with this informative book on the different communication styles. Learn how to avoid conflict, build stronger relationships and create better teams.



Leveraging Your Leadership Style

Discover your unique leadership style and how to motivate and inspire others based upon their unique leadership style. Includes a study guide!

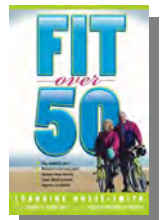


Check out more of Lorraine's books and fitness DVD's at:

www.lorrainebosse-smith.com

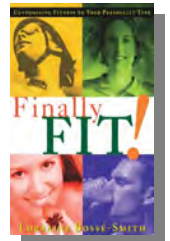
Fit Over 50

Make your next chapter of life your BEST by understanding the aging process and how you can maximize control over 70%! In order to have a healthy tomorrow, start by getting fit today with this encouraging and helpful book.



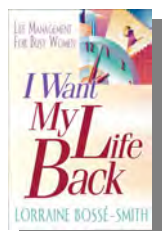
Finally FIT!

This is not a one-size fits all approach to fitness. Readers will discover their unique FIT (fitness individuality trait) and develop a customized program specifically for them. Set up for success, for the first time, readers will become Finally FIT!



I Want My Life Back!

Achieve balance in a fast-paced world; Reduce your overall stress levels; Put enjoyment back in your life and enjoy greater physical, mental, spiritual well-being.





Lorraine has spoken to small and large groups alike. Some of her satisfied clients include:

- Camp Pendleton Marine Base
- McCrometer, Inc.
- Magnecomp
- NavPress Publishing
- OK Music Teacher's Assoc. Conference
- United Methodist Publishing
- Hach Company
- ATD CA & CO
- Longs Drugs, CA
- Meeting Planners Assoc., NC
- SHRM CA, CO, TX

To join this list, please call Lorraine today! Ask how you can obtain a discount on her speaking fees.

Books available at bulk discount for resale.

Follow Lorraine:

www.linkedin.com/pub/lorraine-bosse-smith/10/619/971

<http://www.youtube.com/user/TheTotalYou1>

<https://www.facebook.com/pages/Lorraine-Bossé-Smith>

@Lorrainebosse



ADDITIONAL INFO

- Author of Nine Published Books
- Certified Professional Behavioral Analyst
- Certified Professional Motivators Analyst
- Professional Speaker w/National Speakers Association
- AFAA Certified Fitness Professional
- Certified Advanced Personal Trainer
- Graduate of Coaching Inc.
- AS Degree & BS Degree

Stay in touch with Lorraine by signing up for her FREE newsletter:
www.lorrainebosse-smith.com

It's a double-opt in so please accept the Email request to join.

Lorraine never sells her list!

Her passion: to improve the quality of *your* life!

Lorraine Bossé-Smith