

# Delivering Wellness Facts & Fun For 30 Years

Linda Gottlieb engages, entertains and educates every audience!



A Master Motivator and Energizing Speaker Who Champions Wellness

## Five Reasons to Book a Wellness Speaker

1

### *Escalating Health Care Costs*

The average U.S. yearly cost per person for health care is approximately \$8,000 and expected to increase dramatically. But, much of these costs are linked to poor lifestyle habits. Companies who encourage employees to take wellness seriously can minimize and manage rising health care costs.

2

### *Most Illnesses Can be Avoided*

Experts report preventable health issues represent 70% of illnesses. Factors like smoking, alcohol consumption, sedentary lifestyle and poor eating habits can be addressed with a wellness initiative.

3

### *Longer Hours Equal Less Productivity*

Studies point to an increasing work week. While fit and healthy employees take pressure in stride and are productive throughout the longer day, unhealthy workers tend to deliver 50% less productivity.

4

### *More Technology Causes More Health Issues*

Greater reliance on technology has increased repetitive stress injuries, low back pain and reduced vision. Plus, employees are more sedentary at work and home. A wellness initiative can help reduce these mounting problems.

5

### *Stress Levels on the Rise*

A recent study notes 78% of Americans consider their jobs stressful and feel levels have significantly increased in the last 10 years. Business leaders are turning to wellness professionals to minimize and manage health-related issues due to stress.

## RAVE REVIEWS

*"Linda understands what it means to balance a busy professional career and active social life with a reasonable, attainable plan for health and fitness. She understands that a person's commitment to wellness affects everything that they do."*

John C. Philadelphia, PA

*"Linda encourages goals, knowledge and commitment to myself and my health!"* Andy M. Westport, CT

Results start when YOU do! Call Linda Today!

**203.877.5270**

www.FitTraining.net

**F.I.T. Training**  
*focused on individual training*

# Book Linda for Your Next Wellness Event

Contact: 203.877.5270 [Linda@FitTraining.net](mailto:Linda@FitTraining.net) [www.FitTraining.net](http://www.FitTraining.net)

• Keynote Speaker • Corporate Trainer • Certified Wellness Consultant

You Can Count On Linda to rock the house, inspiring people to take their health and fitness to heart. She is known for her boundless enthusiasm that gets even the most inert folks up and moving.

The audience will feel amazingly understood and appreciated, as they learn about wellness, how to make small changes and take immediate action that delivers life-changing results.

**Real Results for Real People.**

All presented with a fun, humorous and engaging approach.

## Signature Titles (many others available)

Linda's presentations include up-to-date facts and figures, as well as practical suggestions that can be applied right away. She learns about the organization and any specific challenges to be able to ensure the most appropriate and effective content for your program.

- ◆ **What's Good for Your Waistline is Good for Your Bottom Line**
- ◆ **Seven Simple Ways to Tame Stress**
- ◆ **The LATTE Factor for Food and Fitness**
- ◆ **Weigh Less For Life**
- ◆ **Five Minutes To Fit**
- ◆ **Retirement Planning. It's Not All About Finances**
- ◆ **SOS!- Smoking, Obesity and Sitting**



Linda Gottlieb, veteran wellness professional, holds a Masters Degree in Training and Development, along with numerous national level certifications in the wellness, health and fitness field. She has 30 years experience and is a recognized keynote speaker, personal fitness and cancer exercise trainer. Linda is the author of **No Ifs Ands or Butts: How to Turn the Top 10 Fitness Excuses into Fitness Triumphs**. She is currently on staff at Yale University as the cancer exercise trainer serving a national NIH gynecological cancer clinical trial utilizing in person and telephone fitness and health interventions.

## Linda's Broad Speaking Experience

American College Of Sports Medicine National Conference  
American Cancer Society Keynotes (Norwalk, Waterbury CT)  
Cancer Free Radio, Fairfield Public Library  
Fairfield County Community Foundation Panel

Women Empowered by Business  
New England Health and Racquet Sports Assn.  
People's Bank  
Newtown CT Chamber of Commerce Keynote

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