



**BodSpir®**

**Fitness After Forty Five™**

Design your **Physical Future**

As Seen On: **blogtalkradio™**

Mind • Body • Spirit • Life  
**EXPO**

**iHeartRADIO**

**LAURA STEWARD**  
Strategist • Speaker • Author



**MY BIG Red COUCH**  
with Elizabeth Phinney



## Speaking Topics



Designing Your Physical Retirement



Thrive to 95



Exercise is a Gift



The Mind Body Partnership



Aging through Inspiration



Planning Your Physical Future

**PRACTICAL AND INSPIRATIONAL STRATEGIES TO TAKE CONTROL OF YOUR AGING!**

## Elizabeth Phinney - The Aging Coach™

**Elizabeth Phinney** is the creator of **BodSpir®** – a meditative strength training methodology for **Fitness After Forty Five™**. She is a speaker, consultant, and Certified Personal Trainer with decades of industry **knowledge** and **experience**. Elizabeth has helped countless individuals plan their **physical future** and **retirement**. She also holds **Specialty Certifications** in Fitness Nutrition and Older Adult Fitness—ensuring a breadth of knowledge for **all aspects of aging**.

She is the co-author of #1 international **best-selling** book *The Expert Success Solution* and has been sought out to **speak** and **train** across the country on topics related to health and fitness.

Join Elizabeth to leverage life after forty five and **redefine what it means to age!**

## Testimonials

"It is obvious that Elizabeth is passionate about **helping people be healthy** as they age." - Brenda, 52

"**Energetic, knowledgeable** and **engaging**, Elizabeth is able to connect with her audience and inspire them to live their best life. She **embodies healthy living** and communicates it well." - M. Cary, Publisher – *RI Natural Awakenings*

"Elizabeth is engaging, **skilled**, and passionate, and her fitness classes and videos are **fun**." - P. Raskin – Media Producer and Host of *Positive Living and Positive Aging Programs*

"Elizabeth is an **inspiring speaker** who knows what she's talking about. She introduces people to the necessity of creating a physical future that allows them to **thrive** with a program to support that plan." - L. Pritcher – *Certified Supercoach and Consultant*

"**Elizabeth is a captivating presenter**. She is authentic and her genuine concern for the health of every person in the room was compelling. **We left with great knowledge** of what can be done to offset many aging issues." - D. Campbell – *Strategic Marketing Strategist, Campbell Associates International*

"Elizabeth seems so **comfortable and friendly** when giving her presentation. She really **pulls the audience in** to want to hear more." - Sally, 60

"Elizabeth is a **role model** for me, for sure. She has so much energy!!" - Beth, 47



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