



BodSpir®
Fitness After Forty Five™

Thrive to 95 and Beyond!

As Seen On:  blogtalkradio

Mind • Body • Spirit • Life
EXPO

 iHeartRADIO

LAURA STEWARD
Strategist • Speaker • Author



MY BIG Red COUCH

 REINVENTION RETREAT

A Sampling of Thrive to 95 Conversations and Workshops:



Your Physical Retirement Plan



The Mind-Body Partnership



Stress – The Silent Saboteur



Exercise is a Gift



You Are What You Eat – Literally



Balance, Flexibility and Gait

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 technique for Fitness After Forty Five™. She is a speaker and Certified Personal Trainer with decades of industry knowledge and experience. Elizabeth has helped countless individuals plan their physical future and Physical retirement. She also holds Specialty Certifications in Older Adult Fitness, Fitness Nutrition and Weight Management - ensuring a breadth of knowledge for all aspects of aging.

She is the Author of Thrive to 95 and Beyond, Taking Control of your Aging Journey. She is the co-author of #1 international best selling book The Expert Success Solution. Her conversations and workshops are taught across the country on all aspects of health, fitness and aging.

Let Elizabeth show you the multitude of ways you can leverage your life after 45 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 – 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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