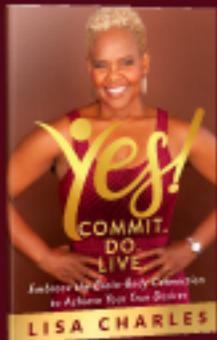




LISA CHARLES

HEALTH COACH AND TRANSFORMATIONAL TRAINER



Lisa has served as the Fitness/Wellness Research Coordinator for the Rutgers University Aging Brain & Health Alliance. She is an Author - Health & Wellness Speaker and Consultant - Certified Health Coach - Transformational Trainer. She is also the CEO of Embrace Your Fitness, LLC, a health and wellness consultancy. Lisa is the creator of "Yes! Commit Do Live" a Book and program that teaches individuals how to live an 'Age Defying Life' while attaining Brain/Body Connectivity. It helps people break through any age limiting barriers to experience wellness from the top/down - inside out, providing a pathway towards achieving optimum brain health. It is a Wellness Revolution!

SPEAKING
TOPIC

- **Commit. Do. Live. - How to turn true desires into real results**
- **Brain-Body Fit - Top/Down - Inside/Out Fitness**
- **The 1-2-3's of Exercise made Fun**
- **Breathe Yourself to Health**
- **Create Your Wellness Revolution**



yes!
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