

CARLA HAMPSHIRE
Speaker | Wellness Coach | Author

Boost Your Energy

Session description:

Do you lack the physical and mental energy to do everything you want to do in a day? Tired of feeling tired all the time?

We will explore the many ways you can boost your energy naturally and get through your day with a pep in your step.

In this session, you will learn:

- What types of food supply you with vital energy,
- Why exercise can contribute to a feeling of vitality and how you can include more of it in your life,
- How to get rejuvenating sleep,
- Why stress is robbing you of your energy, and what you can do about it.

This workshop will provide you with the strategies you need to help restore your energy and reclaim your vitality.

****Available as a 45 to 60 min Keynote, as a 60 min Workshop/Lunch-and-Learn, or as a half day in-depth Workshop.***

Testimonials

I liked Carla's friendly personality and simple delivery of the information. I learned more about nutrition and the importance of exercise. I'm looking forward to reading your book, Carla. I can't wait to implement some changes to be more fit and energetic.

~ Sarah Baehl de Lescure – Calgary Board of Education

I loved the session. Overall it was amazing! I learned how to stay energetic by eating right and exercising no matter the age. I promise you that I will keep my body healthy by putting good fuel in it, just like the shiny toy sports car you brought in as an example.

~ Jeet Hehar – Calgary Board of Education

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Healthy Body for Life