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Fit, Fun and Fabulous

Topics for Articles or Speaking Engagements

- **Is Your Weight Loss Program Making You Fat?**

Learn the truth about weight loss, body composition and the disease of aging. Few weight loss programs monitor fat loss, leaving you susceptible to sarcopenia (the degenerative loss of skeletal muscle mass and strength associated with aging).

- **Moms Are the Answer to the Health Crisis! Creating Fit, Fun and Fabulous Communities**

Mothers ARE the answer to our health crisis. Eighty percent of healthcare decisions are made by women.

- **The Exercise, Foods & Nutrients that Can Reverse Osteopenia and Prevent Osteoporosis**

Twenty five million women have osteopenia and don't know. Fifty percent of women will experience osteoporotic fractures, one of the 12 biomarkers of aging, which we should all address.

- **The 7 Health Enhancing Secrets that Everyone Needs to Know**

Incorporating these seven simple habits into your everyday lifestyle will enhance your life, and slow the aging process.

- **Don't Get Older Faster – Avoid These 7 Health Diminishing Habits**

These seven health diminishing habits will ensure you age beyond your years. Stop these seven destructive habits and reclaim your health.

- **Create a Fit, Fun and Fabulous Life for Yourself and Your Family**

Simple steps for eating, exercising and stress release for on-the-go families. Three support tools and exercises on the web.

- **The Hidden Environmental Toxins that Affect Your Health and Your Body Shape**

Environmental toxins are changing your body shape as they hide in your fat. Things you need to know before losing the fat: More than 4 billion pounds of toxic industrial chemicals are released into the nation's environment each year, including 72 million pounds of recognized carcinogens.