



Working with busy people to improve heart health, so they can work well, feel better,

Biography



Eliz Greene has been there, done that, and has the stretch marks to prove it!

Eliz Greene

In keynote presentations, workshops, books and articles Eliz Greene provides down-to-earth, ag-friendly tips and strategies to improve heart health and manage stress - sharing how she:

- survived a massive heart attack at age 35, while seven-months pregnant with twins.
- struggled to lose the 80 pounds gained during her pregnancy
- searched for a way to hold on to the perspective and passion she found in her near-death experience.
- used her background as an adaptive movement specialist to develop simple strategies and tips to help other busy people be more active, eat better and manage stress.

Eliz is the author of four books including, the “Busy Woman’s Guide to a Healthy Heart”. As the Director of the Embrace Your Heart Wellness Initiative, Eliz travels the country energizing and inspiring audiences in keynotes, workplace wellness programs and programs on women’s heart health, stress management, and life balance. She also writes one of the top 50 health and wellness blogs.

She recently received the Heart Hero Award from the American Heart Association for her work as a national spokesperson, advocate, and volunteer and was named an Outstanding Volunteer by the Girl Scouts of Wisconsin Southeast. Eliz lives in Milwaukee, Wisconsin, with her wonderful husband, Clay, their beautiful twin daughters, Grace and Callie and their Corgi dogs. She is a Girl Scout Leader, serves on her local school board, and is an avid sailor. A very busy woman indeed!