



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

Introduction



Eliz Greene
(Eliz is pronounced e-liz as in e-mail)

Our speaker today asks:

Are you too busy to be fit?

Being active doesn't have to mean a trip to the gym! Did you know the average American gets an average of just 8 minutes of physical activity per day. The trick is finding ways to fit activity into your already busy day - in places you spend the most time.

Eliz Greene is a wife, a mom, a girl scout leader, an author, a small business owner and one busy woman.

She's also a heart attack survivor who struggled to regain her health.

Using her background as an adaptive movement specialist, Eliz developed real-world strategies to fit in the exercise needed to protect her heart.

Get ready - because Eliz Greene has some ideas to get you moving more and feeling better.

Please welcome Eliz!