



Women's Health & Wellness Conference

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Ocean Place Resort & Spa
Long Branch, NJ

WEforum Conference Countdown

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1. What does wellness mean to you?

"Wellness challenges me to cultivate my physical, mental and spiritual self-condition committing to either a healthy lifestyle or illness. I believe today's societal demands like long work hours, hard partying sessions, and aggressive fitness extremes require each of us to educate and manage our individual healthstyle awareness, otherwise the consequences can be dire."

2. What catalyst/spark initiated your healthy lifestyle?

"My life's illustration lies in the saying, "Once an athlete, always an athlete". Raised in a humble environment adhering to protective parenting practices, my six siblings and I often entertained our selves with athletic ventures as it required no real financial support; however, it did demand commitment, patience and a mindfulness not necessarily enjoyed by my peer group. Once I arrived at my athletic bliss I continued to dedicate myself to ongoing athletic challenges, balancing life's professional criteria for family and business success. In order to achieve inspired goals my attention to the whole body, mind and spirit process navigates my ongoing choices."

3. Knowing the statistic that 47% of deaths in the US are attributed to chronic illnesses, what one behavior modification could we all do to lead a healthier lifestyle now?

"Mindfulness is the primary behavior modification I am most fond of because I believe that all of us should take a moment to reflect on the simplest of tasks, like the words we choose to speak. The outcome of positive actions can be constructive on a cellular level for ourselves and those around us, thereby replacing poor decision-making habits with mindful commitment."

4. What is your health and wellness mantra?

"Offer it up."