



Women's Health & Wellness Conference

April 20, 2016

Ocean Place Resort & Spa
Long Branch, NJ

WEforum Conference Countdown

LB KASS of LB KASS: DANCE BODY WORKOUT

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What does wellness mean to you?

"Wellness to me means taking good care of you mind, body & soul. Wellness is a positive lifestyle choice that I enjoy sharing with my family, friends & clients."

What catalyst/spark initiated your healthy lifestyle?

"My mother was my influence to lead a healthy lifestyle. She shared her passion for working out with me at a young age. I have fond memories of taking step classes with my mom in the early 90's. "

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?

The most important modification in people's lifestyle should be the food they eat. It's easier to get active then it is to make healthy food choices. It's all about planning. Take the weekend to food shop & decide what the family should eat for the week ahead of time.

What is your health and wellness mantra?

"You can rest when you're dead. I say that a lot in class, but all joking aside I tell my clients "Tomorrow's body is in your workout today."