

# HEALTH INSPIRED EVENTS

ANDREA METCALF INC.

MOVE WELL  
BE INSPIRED  
LEAVE HAPPY

## MAKE YOUR PEOPLE MOVE

You're planning the event. They'll come back for the way you made them feel.

We create the experiences that entertain, educate and inspire your attendees to live healthier & happier. We provide hands-on experiences with health & fitness experts to give your clients the personalized attention they will remember.



**ANDREA  
METCALF  
HEALTH GURU  
FOUNDER**

ANDREA HAS OVER 35 YEARS EXPERIENCE IN THE WELLNESS SPACE, SHE INSPIRES PEOPLE TO TRY NEW THINGS AND MAKE SMALL CHANGES FOR BIG RESULTS. SHE HAS APPEARED ON THE NBC TODAY SHOW, STEVE HARVEY AND OPRAH.COM, ANDREA IS A CERTIFIED PERSONAL TRAINER, BEST-SELLING AUTHOR, NATIONALLY RECOGNIZED SPEAKER AND MEDIA PERSONALITY THAT HAS THE PULSE ON HEALTH AND HAPPY LIVING.



## BE MOVED

WE PUT THE MOVES ON FOR YOU. WE PROVIDE MORNING WORKOUTS OR MID-DAY STRETCH, TAI CHI, OR SHAKING IT UP WITH POWER PLATE. WE PROVIDE ENGAGING AND UNIQUE FITNESS AND MOVEMENT OFFERINGS. WE MAKE FITNESS FUN SO THEY HAVE A GREAT TIME AND TRY SOMETHING NEW.

## BE INSPIRED

WE WILL MAKE YOUR ATTENDEES SMILE, LAUGH AND LEARN HOW TO TAKE BETTER CARE OF THEMSELVES. OUR HEALTH AND WELLNESS TALKS ARE DYNAMIC AND ENTERTAINING WITH SNACK-SIZE BITES OF INFORMATION EVERYONE CAN USE. TAKE BETTER CARE OF YOURSELF.


## GET PERSONAL

YOUR ATTENDEES DESERVE INDIVIDUAL ATTENTION. WE PROVIDE AN OPPORTUNITY TO ANSWER THEIR HEALTH AND WELLNESS QUESTIONS AND GIVE THEM ANSWERS. CERTIFIED HEALTH EXPERTS SHARE TIPS, RECIPES, EXERCISES AND FUN WAYS TO LIVE BETTER. WE USE IPAD SURVEYS WITH PERSONALIZED FEEDBACK SO YOUR ATTENDEES GET THE INFORMATION THEY NEED.

## GET A TASTE OF SOMETHING HEALTHY

OUR TEAM WILL SHARE THE LATEST TIPS, RECIPES AND FOOD TO JUMP START YOUR HEALTH. FROM BEEF JERKY TO BLENDING UP NEW JUICES AND SMOOTHIES, YOU'LL TASTE A NEW SIDE OF WELLNESS.

## MORE INFORMATION

 630-670-4700

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