

Credentiaing:

- Author of the "*Get REAL Guide to Health & Fitness-Five Steps to Create Your Own Personal Wellness Plan*"
- Writer of the "*Wellness Matters*" Weekly Newspaper Column
- "*Wellness Matters*" Weekly PSAs
- Creator of the "*Get REAL A.C.E.S.*" Chair Exercise Video Series
- Featured on Lifetime Television's "*The Balancing Act*"
- Sought after Inspirational Speaker
- RN, Certified Personal Trainer and Professional Wellness Consultant

Women, Worship & Wellness Seminar Agenda

8:00-8:30 Sign In – Healthy Continental Breakfast

8:30-9:00 Worship & Wellness through Movement & Music Introduction

9:00-9:30 Thought Shifting

9:30-10:00 Lifestyle Shifting

10:00-10:15 Break

10:15-11:00 Yoga Stretch A.C.E.S. Chair Exercises (Relaxation Techniques)

11:00-12:00 Lunch

12:00-12:30 Cardiovascular Exercise

12:30-1:00 Weight Bearing Exercise

1:00-1:30 30 Minute A.C.E.S. Active Chair Exercise Sequence (Full body chair workout)

1:30-1:45 Break

1:45-2:30 Nutrition

2:30-3:00 *Plan for Living* Summary

3:00-3:30 Worship & Wellness through Movement & Music

3:30-4:00 Inspirational Wrap Up

(Music by Robert & Sonya Wimer)

Lisa Schilling RN

www.getrealwellnesssolutions.com



"Helping You Love Who You Are on the Way to Where You Want to Be"

*Women, Worship & Wellness

Reclaiming Your Body, Reconnecting to Your Purpose, & Reinvigorating your Spirit!

Get REAL Wellness Solutions LLC

What People are saying:

Lisa Schilling is a one-of-a-kind educator and fitness expert. She genuinely cares about the well-being and overall mind, body, and spiritual health of the individuals that she works with.

*Aric Bostick



International Motivational Speaker and President of Aric Bostick Success Training, Inc.
www.aricbostick.com

Lisa Schilling shares her **passionate message of holistic wellness** with heartfelt authenticity & enthusiasm!

She focuses on helping you find your **deeper purpose**, while challenging you to love who you are on the way to where you want to be.

Her inspiring message is full of **humor** and "Get REAL" **practical methods** to help you discover and appreciate your God given gifts and talents.

God has a divine plan for you! You need to be healthy & strong to fulfill the call on your life. In this fun-filled seminar you will be given the tools to do just that.

To book your "Women, Worship & Wellness" Seminar:

Call 660-654-2548 or email for details & booking information.

getrealwellnesssolutions@yahoo.com

Be blessed, so that you may bless others!



Lisa on Lifetime Television's

"The Balancing Act"

Get REAL Wellness Solutions

Seminars & Consulting

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For more information, contact

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Get REAL Wellness Solutions
Seminars & Consulting

What People are saying:

Her well-balanced approach to health, fitness, and wellness is a breath of fresh air in a crowded arena.”

***Tom Antion**



Author of the best-selling presentation skills book; *Wake 'em Up Business Presentations*



What sets Lisa apart?

“Lisa shares from the *heart*. She has a REAL passion for people

She gives *realistic, practical & inspirational* guidance to help you get your life moving in a purposeful direction.”

Do you struggle to do it all?

Do you find yourself run down and tired, with little time to for self-care or even to meet spiritual needs?

For many women this constant stream of busyness has taken them away from their spiritual base & disconnected them from their true purpose.

This is today’s modern woman! Through advancements in technology and society we can now bring home the bacon and fry it up in a pan, all while checking email, organizing play dates, and creating a Sunday school lesson.

It is time to **Get REAL** & get back to what really matters. In this seminar, Lisa has developed a method systematically designed to help you:

- **Reconnect to your purpose.**
- **Reclaim & value the body you have.**
- **Reinvigorate your spirit.**
- **Restore balance in mind, body & spirit.**
- **Recommit your intentions.**

Do you feel this is the kind of life God called you to?



Book Lisa Schilling to Ignite & Inspire Your Group



Lisa will challenge you to dig deep and she gives you the tools and motivation necessary to do so.
“You can achieve the divine call on your life when you tap into your personal gifts.”

*Lisa will inspire you to believe in who you are **through Christ**. She helps you recommit to your intentions by helping you outline your **Plan for Living**.*

Lisa provides hope and helps you develop a lifestyle that is healthy, happy & spiritually fulfilled, one that can be enjoyed for a lifetime

Worship & Wellness through Music & Movement® is created for you to celebrate the body you have and learn how you can use it to offer praise back to God.

with praise and worship music, allowing you to connect mentally, physically and spiritually within one enjoyable session.

We all need to move more and this style combines soft & gentle movement

Helping YOU Rediscover the Passion Within

The Get REAL Guide to Health & Fitness
Get REAL A.C.E.S



What People are saying:

“Lisa Schilling is a dynamic author, wellness coach & motivational speaker.”

“If there is one absolute truth about wellness it is that, it is never too late to begin.”

“Lisa Schilling will help YOU bridge the gap from where you are to where you want to be.”

***Dr. Tim Crowley, Motivational Speaker, Business Consultant and Workshop Trainer**