

Nancy Schwartz

Transforming Executives to Create a Healthy Retirement

THE VALUE OF INVESTING IN YOUR HEALTHY RETIREMENT

What is worth even more than having enough money in retirement? No matter how wealthy you are you can't buy this. Money isn't the only currency you are looking for. So what is it? You guessed it – **YOUR HEALTH**. Well, why aren't you paying attention to your health?

Appreciate Your Health

If you are like me, you have lived your entire life not even appreciating what your body does day in and day out. Rarely is health valued, or for that matter, rewarded as a top lifestyle priority. It isn't usually until in and around retirement that we notice "things" aren't going along as they used to. Could it be brain fog, lack of energy, lack of focus, fatigue, boredom, or procrastination? Does that sport you loved to do not fun anymore? Do your joints hurt? What is it that is preventing you from living your life to the fullest?

The longer I study science and the evolving world at large, the biggest longevity and aging game changers are **Sleep, Fuel (nutrition), and Movement**. I'm going to add another, **Head Space**. Now is the time to focus on mental wellness as well. Your body and your mind work in concert throughout your lifetime.



Strategies to Maximize Your Health and Wealth

People often ask: How can I stay physically and mentally active for years to come? What strategies do you employ to remain productive, and by doing so, how do the strategies add to your vitality? The body is a complex yet amazingly simple instrument. This is true when it's functioning optimally, and not breaking down into disease, causing havoc on your day-to-day living.

Retirement is an exciting time to do what you want to do. It's also full of fun and relaxation. What a concept! It's also essential to know that your health and well-being is **Top Priority**. Many business experts struggle with health issues related to aging and lifestyle habits. For example, poor sleep and fuel, lack of exercise, and mental balance can make it challenging to enjoy life to the fullest. That's why it's crucial to invest in your health during retirement.

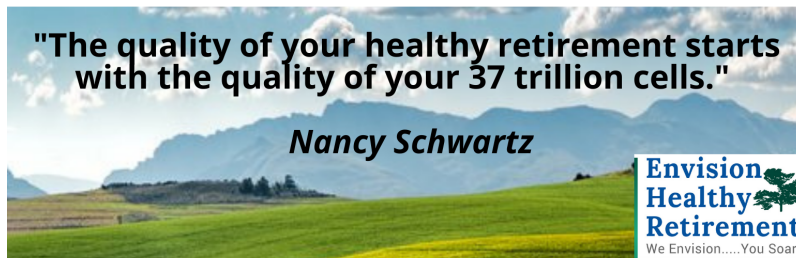
In next month's **Your Success Magazine**, I will write about practical strategies you can implement immediately to improve your **Sleep, Fuel, Movement, and Head Space**. In the meantime, start thinking about which category of strategies you would like to pursue first!

If you enjoyed this article, and want to learn more: I created a 20-minute free training for you. It will walk you through exactly what I did, and my clients do, to transform from a career into healthy retirement. So if you are in and around retirement, or in fact have retired and are still unsettled, there are several topics you will need to look at right away in how to Have a Healthy and Happy Retirement.

Click on the link below for immediate access to my free 20-minute training created specifically for you.

youfirstcelebration.com/freetraining

My hope for you is that you find freedom in your newfound Healthy Strategies and pursue a zest for life.



Are you feeling anxious and struggling to figure out your healthy retirement?

Are you retired, haven't found meaning in life, and your health is on a decline?

What if you could envision and then actualize a healthy retirement you so deserve?

I am Nancy Schwartz. As a former executive who struggled with chronic stress, I fought to take control of my health and life. Since then, I've transformed through a science-based proprietary journey. Today, I guide business experts from chaos to clarity envisioning, and then actualizing, a purposeful and healthy retirement!



My clients transform through a 12-week journey utilizing a proprietary science-based system created for their healthy retirement.

**Schedule a complimentary
Strategy Call with Nancy (\$500 value)
<https://p.btrr.to/3ok3lpg>**

We Envision and You Soar!

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Nancy guides business experts, like you, in and around retirement toward healthy retirement. First envisioning, and then actualizing a life you design and live on your own terms. She is dedicated to her client's success and growth.

You can learn more and connect with Nancy via web or social media:

[www.envisionhealthyretirement.com](http://www.envisionhealthyretirement.com)

[LinkedIn](#)