

## ABOUT WENDIE

For over two decades, Wendie Pett has been motivating people to make fitness, exercise and good nutrition part of their daily routine. She teaches the balance of mind, body and spirit through her Visibly Fit™ wellness program.

Wendie has a weekly nationally syndicated television program. She is also known as 'Coach Wendie' on KTIS radio in the Twin Cities with her featured healthy tips segments. Wendie has been a featured columnist in VEGWORLD Magazine, The Christian View, Best Ever You, Refreshed, Vegan Lifestyle, Diet.com, and more.

She also has two award-winning podcasts, Visibly Fit and Your Biggest Breakthrough with her husband, Todd. Additionally, Wendie is a business owner, Naturopathic Doctor, wife, mother, TV host and serves as an advisory board member for Christian Women in Media. She delivers high-energy presentations to audiences on-site and live stream.



Passionate about the mind. Mental health is important. How one thinks determines their actions. Our individual thoughts and actions create a ripple effect. This brings a whole new meaning to the word - unity.



Passionate about helping people keep their heart beating (literally) and offering a jolt of wisdom and truth to get their heart beating in a new rhythm, one that elevates their level of living.



Passionate about getting to the heart of the matter. We are stronger than we realize. Getting outside of our comfort zone propels growth and healing.

## AWARDS

- \*2008 Woman on the Way Award: NAWBO
- \*2011 Exceptional Service Award: CWIMA
- \*2021 Support and Exceptional Service Award: CWIMA
- \*2021 Best Lifestyle Podcast: SparkMedia
- \*2022 Best Co-Hosted Podcast: SparkMedia



## SPEAKING TOPICS:

### **Your Health is Your TRUE Wealth: Every Day Matters**

Learn practical techniques to jumpstart your day, bust through the mid-day crash, and master the midnight hour.

Your best health is determined upon your everyday thoughts and actions. Those thoughts and actions spill over into every area of life, including family, friends, faith, and even finances. By applying simple Visibly Fit™ techniques, you will find greater balance (literally and figuratively) in the season you're in to maximize your life.



### **Exercise Your Right to Exercise: Learn Simple Techniques to Make Working Out Enjoyable without Ever Needing to go to the Gym.**

To maximize your health, exercise and clean eating go hand-in-hand. BUT...Mindset is equally as important. When you think about exercise differently - it triggers new, healthy actions in all areas of your life.

Walk away with new tools, time-saving techniques, and transformation training to help you build muscle and shed fat - all without compromising your joints, tendons, or ligaments.



### **Stress Management Ensures Successful Management**

Earning a living is important, but if you don't have your best health then work performance suffers. Poor health and not managing stress effectively can squelch the bottom dollar. Lack of proper stress management not only impacts you, but ripples to co-workers and their performance as well. Learn simple stress releasing techniques to ensure that health stays on track for best health and best team work performance



### **How to Practice Healthy Habits all Day Long, Even in the Workplace.**

It can seem tough to manage healthy habits in the workplace, but not when you have the proper tools and techniques in place to implement. Learn these simple techniques and the power of accountability in the workplace for your health and to build morale.



**CUSTOM PRESENTATIONS:  
AVAILABLE UPON REQUEST**

## WHAT PEOPLE ARE SAYING:

"Wendie is phenomenal! She knows what she's talking about and her delivery is all heart. It's wonderful to see someone in her professional capacity who also cares so much about the people she is helping to become fit. We can't wait to have her back!"

~DEBRA BLAND | GOOD SAMARITAN HOMES

"Wendie's presentation is thought provoking, entertaining and inspires you to move to action. She uses real life examples to show how you can successfully balance your mind, body and spirit. I would highly recommend Wendie to any one looking for a powerful presenter with a truly inspiring message."

~JOHNNIE JOHNSON | PRESIDENT | WORLD CLASS COACHES

"We thoroughly enjoyed your recent presentation at our Twin City Healthcare Engineering Association event. Your presentation was filled with thoughtful and very practical advice and tactics and your presentation style was humorous and very entertaining. The feedback from the group was extremely positive and we would welcome the opportunity to have you back in the future."

~DAVID FASHANT, CHFM  
PRESIDENT, TWIN CITY HEALTHCARE ENGINEERING ASSOCIATION |  
FAIRVIEW SOUTHDAL HOSPITAL

## GET IN TOUCH



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