

“In my private practice, I see many high powered executives who burn the candle at both ends and ignore the warning signs to create healthy changes. This book can help motivate and direct you toward taking those positive measures. Ilene’s message has tremendous impact as it discourages procrastination by providing a myriad of *how to* strategies which you can apply immediately to improve your life. The proactive ‘Take Action’ approach will equip you with step-by-step solutions to help you achieve a more balanced and healthier lifestyle. This new vitality will serve you well in all aspects of your life.”

- Sheila G, Dean, MD, RD, LD, CDE
Sports and Medical Nutritionist
Author, *Nutrition and Endurance: Where Do I Begin?*

“Want to improve your organization’s performance by increasing productivity *and* by decreasing costs? *FIT and POWERFUL Professionals* can help you do just that. Helping your leadership team identify and change lifestyle factors that keep them from being most productive will, in fact, help them become more productive. Moreover, it will help them help their employees become more productive. Fit leaders *and* fit employees increase the overall performance and productivity of any organization. *FIT and POWERFUL Professionals* is both inspirational and practical in its approach to improving the health and fitness of today’s multi-tasking, overloaded, and time-strapped professional. Begin improving your organization’s bottom line by buying a copy of this book for every member of your team *today!*”

- Joan Brannick, Ph.D., SPHR; President
Brannick HR Connections

“None of us can work at full throttle 24/7 for 20, 30 or 40 years at peak performance levels without addressing our health management. We can all enjoy a competitive advantage by engaging in the targeted strategies that *FIT and POWERFUL Professionals* outlines so succinctly. Turbo charge yourself and your team. Enjoy maximum personal and professional productivity using the targeted and practical approach in this book. It can transform your life!”

- James Barrett
Vice President-Investments
A.G. Edwards, Inc.

“Wanting to live a healthy lifestyle and living a healthy lifestyle are separated by only a thin line of daily decision making. *FIT and POWERFUL Professionals* provides a realistic model to guide even very busy executives and leaders through the process to successful goal achievement.”

- **Ann S. Rogers, Operating Principal**
Keller Williams Realty, Gulf Coast

“I have been a student of positive thinking, and living a healthy lifestyle, for many years – something my late father started my brothers and sister and me on as kids. I have read numerous books on achieving success. Some were related to healthy lifestyles, others talked about the importance of a positive mental attitude, and some touched on all of these subjects. Clearly they are interrelated. Ilene’s book does the same in a simple and direct approach that is applicable to anyone’s life. While no one book can say it all, this one says a lot and is applicable to personal and career or business life.”

- **Brian J. Lipke, Chairman/CEO**
Gibraltar Industries

“*FIT and POWERFUL Professionals* addresses key lifestyle and health issues that influence maximum performance in the corporate world. Any modern day executive would be well advised to integrate these valuable strategies into workplace training programs for themselves and their functional teams. This book goes quite far in providing a progressive approach to make leaders more effective and developing professionals more productive.”

- **Milton Goggans, Former President**
Westwood-Squibb Pharmaceuticals

“A wonderful resource! *FIT and POWERFUL* easily helps the Professional zero in on success strategies that competitive high achievers use in the business world all the time. This familiar language proactively supports many realistic and practical health and fitness strategies. This book is about getting results!”

- **Judith L. Mason**
Senior Vice President
Global Treasury Sales
Bank of America

“Once per year we take our executives away on a two-day planning retreat we call Strategies for Success. One was about the fact that hard working executives all need a source of energy. We concluded that the source of all energy is either physical, mental, or emotional, and that the basis of all three is the physical sphere. Ilene's wonderful book teaches how to set this critical concept in motion, not just intellectually, but how to take action and make it happen!”

**- Walter Hardenstine, President and Owner
Renaissance Executive Forums**

“Endorsing the need for health and vitality in the workplace in order to drive peak performance of the team is a simple thing to do. However, executives, myself included, tend to fail at taking action and implementing this truly simple and proven concept. When Ilene addressed our CEO group on the personal and professional benefits of becoming *FIT and POWERFUL*, I decided it was time to take action. If you didn't already understand the value of health and vitality in your personal life and in your business life, you will after reading this book. It is truly a road map for a successful and fulfilling life on both personal and professional levels. The rewards have been great and continue to materialize. Thank you, Ilene.”

**- Dave Wood, President/CEO
41 Truss**

"Personal productivity declines significantly when otherwise high achievers experience consistently high stress levels. Ilene's *FIT and POWERFUL* initiative can help your team achieve their healthy best and get back on the road to peak productivity. Every corporate leader should read this book and get their team on board to maximize personal energy and daily productivity at work and in life."

**- Laura Stack, MBA, CSP
Author, *Find More Time***

"The personal and professional benefits I gained from Ilene's CEO presentation on becoming *FIT and POWERFUL* far exceeded my expectations. Her book enables me to *refresh* and *reinforce* strategies that contribute to healthy vitality, stamina and successful productivity."

**- Carol H. Sherburne, CEO
HWH Electronics Corp.**

“Health promotion, life balance and stress management initiatives have become hot topics at executive retreats and annual meetings that include personal development as part of their conference objectives. This book provides realistic ways to address these current professional issues in a proactive way. Ilene’s approach to taking ownership of your health is powerful and motivational for us all.”

**- Noelle Grinley, President
Grinley & Associates, Inc.**

“What if you invested in your greatest asset – your executive team? Imagine the executives you would attract because you encourage health assessments together with training and coaching. Benefits to you? Performance, productivity and creativity. Can you hear your competitors’ concerns about the creativity of your healthy and vital professional team? What is the cost of an unhealthy team? Increased health care costs, absenteeism costs and attrition costs to name a few. *FIT and POWERFUL Professionals* is cleverly structured to provide a whole host of topics for facilitating incentive programs, customized educational seminars and executive health/productivity retreats. It is a great resource tool to promote engagement. Buy a copy of *FIT & POWERFUL Professionals* for each member of your functional team today. Bottom line: good health allows us to *be* all we are designed to *be*.”

**- Joanne Weiland, CEO, CMC
Commanding View, Inc.**

“*FIT and POWERFUL Professionals* addresses everyday challenges to become healthy and fit by providing countless realistic and practical strategies for people at all fitness levels. Ilene’s Smart Focus, Food and Fitness tips enthusiastically encourage immediate action and make all the ‘I can’t because...’ excuses obsolete. Read and use this book to take control of your life and create positive lifelong health and vitality.”

**- Patricia H. Simonson, M.A.
Cooper Institute Certified Fitness Specialist
Who's Who in America 2001 – Work in Fitness Industry**