

# GET HEALTHY, GET HAPPY

## How to Make Small Changes that Give You Big Results

by

### Julie Isphording

Julie Isphording is a 1984 Olympian and ran the first ever women's Olympic marathon. She won the Los Angeles Marathon and was the top American at the New York City Marathon, The Boston Marathon and the Goodwill Games.

She is an award-winning NPR syndicated radio talk show host & producer, television personality, the author of three books, and writes a syndicated monthly column.

A popular motivational speaker, Julie has given more than 2000 speeches across the country to Fortune 500 businesses including McDonalds, Procter & Gamble and Toyota and to charitable organizations. As a spokesperson for the Lindner Center of Hope, she is a national advocate for mental health.

Julie is also the director of Cincinnati's Thanksgiving Day Race. The 10K race is one of the oldest in the country, celebrating its 99th year, and hosts 12,000 runners and walkers.

She has won many awards for her work and has been featured in a broad range of publications including *Self*, *Sports Illustrated*, *USA Today*, *Runners World*, *Natural Health* and the *New York Times*.



For even more about Julie Isphording or to download the full press kit, visit:

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