

MARIA HORSTMANN

SPEAKER, HEALTH [EDITOR] ADVOCATE & FITNESS TRAINER



ABOUT MARIA

Are you stressed out? Do you feel trapped in a cycle of poor dieting, unkept promises of exercising and a healthier plan? You are not alone.

Meet Maria Horstmann - founder of Be Fab, Be You LLC. Maria is a health and wellness speaker with a unique combination of 20+ years in Corporate America, personal health reinvention, entrepreneurship, and coaching skills. She can take you from resigned frustration to a cycle of pride through healthy lifestyle habits that will boost your **productivity, stamina, and brain power** to keep up with demanding and stressful environments.

Maria's strategic, honest and practical choices with fine-tuned inspiration have helped busy professionals **eat better, work out smarter**, handle life's curveballs, build healthy connections and physical and mental strength. Maria creates a safe environment to lead people to **discover hidden barriers** so they become their best selves. She will **transform challenges** in the areas of nutrition and fitness, **energy** levels, **stress** management, and mindfulness **into opportunities for growth**, one step at a time, one celebration at a time.

Maria holds an MBA from Emory University. Her education and training in the areas of health/wellness, lifestyle, and fitness comes from the Institute of Nutritional Endocrinology, Precision Nutrition, and the National Academy of Sports Medicine. Additionally, Maria co-authored America's Leading Ladies with Oprah and Melinda Gates.

Bring Maria's energy, experience, creativity, and inspiration to your **next event** and **corporate wellness initiative**. Whether **in-person or virtual**, she is available for **speaking, energy/reset breaks, movement/fitness classes, and podcasts**.

KEYNOTE SPEAKING

Maria is known as an **engaging, energetic, and inspiring speaker**. Her talks are dynamic and designed to challenge the status quo. Maria's goal as a speaker is to meet her audience where they are at in their health journey and invite them to take **action steps towards transforming their physical, mental and emotional wellness**. Her topics can be customized to fit your audience. Other topics in addition to those mentioned above, are **weight** management, **blood sugar** and **insulin sensitivity**, disease prevention, sleep, exercise and brain health, **immune system**, habits and accountability systems.

KEYNOTE TOPICS

- **Fit Body – Fit Brain:** Steps to a Resilient and Healthy Body and Mind
- Solutions for **De-Stressing** and Finding Harmony
- Ditch the **Sugar Habit** and Reclaim Your Energy, Focus, and Health
- **Too Busy and Tired** to Cook and Exercise? Let's Uplevel Your Game
- Am I Risking a **'Health Wake-up Call'**? How to Be and Stay Healthy

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TESTIMONIAL

"Maria, THANK YOU again for your spectacular participation in my recent seminar. Your dynamism, enthusiasm and obvious reservoir of knowledge were brilliantly displayed like light beacons in the night"

– Lewis J Forbes Jr

"Her speaking style is dynamic and she has a unique passion for the subject matter. She had the audience out of their seats and moving as they listened to her speak."

– Sasha Ottey

FEATURED IN



PCOS AWARENESS SYMPOSIUM
A PCOS/PCO OWNERS SYMPOSIUM SUPPORT EVENT
HOSTED BY PICOCHALLENGE, INC.



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WELLNESS