



Bethanne Wellness

The Queen of More JOY & Less OY!

YOU are the Queen or (King) of your JOYful journey and YOU have all the tools you need to live with more JOY and less OY! Bethanne teaches “Tiny Tweaks” for the body and mind that has people moving, feeling and looking amazing in just one session...really!

“As A Motivational Speaker, Bethanne Weiss is a one woman bolt of energy who will captivate any audience, ignite the spark within and inspire them to lead an active, healthy lifestyle.”

— Bill Shaffer, “Growing Bolder”

Bethanne Weiss, author, motivational speaker and *The Queen of More JOY & Less OY*, is the founder of Bethanne Wellness, a lifestyle brand and FUNIQ® Fitness coaching for better brains, balance and bodies (including booties, of course). “I’ve been told I can motivate even a stone to move its assets!” Bethanne says, laughing.

Despite Bethanne’s own lifelong struggle with deformed feet, chronic pain, dizziness and a balance disorder, (of which she researched her own solutions to find HER JOY), she spreads the “get more joy” mantra to others by inspiring people to wake up their unused body parts and care for themselves. Her extremely entertaining FUN & UNIQUE (aka FUNIQ®) interactive programs such as *Ten Tiny Moves to Add More JOY & Decrease OY* have wowed crowds at retreats, seminars and conferences.

“Despite aches, ailments and curveballs, YOU can live with more JOY, better health, move, feel and look YOUR best after 50 – and I can show you how!”

~ Bethanne

Bethanne Knows How to Wow the Crowd & Liven Up:

- Staff retreats, trade shows, meetings, and other corporate events
- Luncheons, bachelorette parties, girls’ night out, cruises...any themed event
- Your employees whose assets, brains and other body parts have been dozing for umpteen years. This will help dramatically increase productivity in the workplace!

Keynotes, Seminars & Classes include:

- 10 Tiny Tweaks to Live with More JOY and less OY
- FUNIQ® Total Body
- Quick, Cheap & Easy Tiny Tweaks to Your Eats
- 10 Tiny Tweaks for a Better Brain, Balance & Booty
- And much, much more!



ACE Certified Fitness & Nutrition Professional
ACE Certified Behavior-Change Specialist
American Posture Institute Certified Ergonomist
Age Safe® America Certified Senior Safety Specialist™
30+ years experience moving assets (from chairs) and changing lives

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