

Bethanne Weiss, B.S., *Queen of More JOY & Less OY* is an author, motivational speaker, podcaster and 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 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 informative and entertaining **More JOY Less OY Podcast** is wowing her followers with every episode.

“Bethanne is a human dynamo! She has consistently wowed the crowds at Morgan and Morgan’s Annual Spouse Retreat...which is why we invite her back every year. It wouldn’t be as much fun without her!”

— Ultima Morgan, Partner Morgan & Morgan PA

Bethanne believes that we are all the Queen or (King) of our JOYful journey and we naturally have all the tools we need to live with more JOY and less OY! Bethanne’s **TINY TWEAKS™** for the body, mind and life, (and, what no one else is addressing – the fact that too many UNDER-move and OVER-eat) have people moving, feeling and looking amazing after one tweak...really!

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

~ Bethanne



Bethanne Wellness

The Queen of More JOY & Less OY!

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
- Employees whose assets, brains and other body parts have been dozing for umpteen years. This will help dramatically increase productivity in the workplace!

Sharing These Topics for Interviews, Keynotes, Seminars & Classes

- 10 **TINY TWEAKS™** to Live with More JOY and less OY
- **FUNIQ® Total Body**
- **Quick, Cheap & Easy Tiny Tweaks to Eats**
- 10 **TINY TWEAKS™** for Better Brain, Balance & Booty
- And 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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