

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



### Transforming Health

#### Archives Available

**October 27th 2010: The Get REAL Guide to Health and Wellness**

This week's guest says that when it comes to health, fitness & weight loss, she say Get REAL. Most experts set the bar so high that it is not realistic for the average person with a REAL life. She helps people to discover enough about themselves, to build a REAL lifestyle plan that will help them enjoy life & be happy while they are making targeted improvements. She believes that the key to helping more people live a healthy lifestyle is getting them in touch with their "why." The "why" must be big enough to make them willing to change their lifestyle. If they don't want the outcome "e

[Read more](#)



### Tune in

Archives Available on VoiceAmerica Health and Wellness Channel

EPISODE ON DEMAND

VIEW HOST PAGE

### Featured Guest



#### Lisa Schilling

Lisa Schilling is a registered nurse, certified personal trainer, consultant, writer, inspirational speaker, and a Fitness Director. She is a passionate advocate for wellness and prevention. Lisa shares her practical approach to living a lifetime-wellness lifestyle by teaching people to appreciate who they are, on the way to where they want to be. She is the author of the book, "The Get REAL Guide to Health & Wellness-Five Steps to Create Your Own Personal Wellness Plan" and the writer of a weekly newspaper column called "Wellness Matters," also broadcast as a weekly radio PSA. Other current projects include the Get REAL Fit Trail System and a series of Chair Exercise Videos called "Get

[Read more](#)

### Share This Episode



### Connect with VoiceAmerica

Download our mobile apps



Come see what **VoiceAmerica's** hosts are writing, on PressBlog!

