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INFLUENCERS



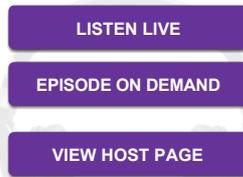
**Empowering Women, Transforming Lives**  
Thursday at 11 AM Pacific  
**November 05th 2014: Learn how to bring fun, movement, play, and energy back into your life**

Rebecca Hall Gruyter, Jim Kirwan, and Kerry Hargraves look forward to sharing with you how to bring fun, movement, play, and energy back into your life. Jim looks forward to sharing with you how to bring consistent movement, strength, balance, less stress and exercise back into your life. Kerry looks forward to sharing tips and insights on how to bring fun, energy, and play back into your everyday life. This show will lift your spirits, bring your energy up, lesson stress, and bring that fun energy back into you day and life.



### Tune in

Thursday at 11 AM Pacific Time on  
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### Featured Guests



#### Jim Kirwan

Jim Kirwan came to the USA from Ireland in 2003 to set up TrySports, an award winning, specialty retail business. He stepped down as CEO at the end of 2012 to set up Get America Moving [\[www.getamericamoving.com\]](http://www.getamericamoving.com). His book, entitled The eExercise Factor is now available in pre-launch mode at [www.theexercisefactor.com](http://www.theexercisefactor.com). This book is about exercise but it is about a lot more; it describes Four Key Drivers of Success; exercise, nutrition, knowledge and what he calls the X Factor. It will help you ease into the best shape of your life, regardless of your age, weight or current fitness level. Jim will launch his s

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#### Kerry Hargraves

Kerry Hargraves is a creative, intuitive, sparkly explorer. She walks, sometimes skips, along the playful path. The programs she teaches do more than just make women happier, they also change the world! By helping women to discover and embrace their bold, fun, brave, vibrant Bodacious Bad-ass Old Broad and unleash her on the world, the world becomes a brighter, happier place. Who isn't all in for that!? After a million jobs in about 50 years chances are Kerry has been there or done that. And she has the refrigerator magnet collection to prove it. Along the way, she learned the power of a playful spirit for changing lives, changing the world, and improving every aspect of life.

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