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FOR IMMEDIATE RELEASE

Slow, steady and sure: Laurie Rein promises women can be healthy and happy in later years with simple daily steps.

Rein helps women get moving, change the way they treat their body and their attitude about how they feel, in ***GETTING TO the BEST YOU***.

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TUCSON, ARIZONA — As the population of women over 55 increases, self-care becomes a skill critical to well-being... and survival.

“I believe you can have a quality of life and get healthier at any age - if you are willing to take the right steps,” says Laurie Rein, author of a new book, *GETTING TO the BEST YOU*.

“While I don’t believe in quick fixes—I do believe that positive change is possible.”

Rein is a health and wellness coach with 30 years experience working women over 50. The book is a synthesis of Laurie’s knowledge and the advice she offers clients in a holistic and sensibly paced approach to health.

“Even if you haven’t been on a healthy path, I will show you the first steps to getting there. We will start small, maybe just a few minutes of moving each day, and discuss how to eat in a way that supports your well-being,” Laurie says.

Her approach is not to claim you can fix all your health problems overnight, but rather to help readers take the right small steps that lead to big changes over time. “It is about changing and choosing—everything from what you put in your mouth, to how much you get moving,” she says.



Chapters offer guidance on getting moving, good nutrition, exercise, monitoring your health by the numbers, and how to sleep better. Also, practical guidance for creating new good habits, dealing with emotional hunger, how loving an animal benefits your well-being, reclaiming your sex life and the ultimate: getting to the best you.

“I am 61, and love being 61,” says the author. Loving your age is a place she invites users of her book. She includes recipes and charts for nutrition and standard health data to help users of the book to monitor their path to good health.

GETTING TO the BEST YOU is written to inspire, motivate and then to be a guide to helping women realize their best physical and mental state in the second half of their lives.

GETTING TO the BEST YOU is published by A3D Impressions and available at Amazon, Barnes & Noble and local bookstores for \$14.95. Sign up for notification of book signings and speaking events at a3dimpressions.com.

About Laurie:

Laurie Rein has been a health and fitness coach working with private clients for over thirty years. Her methods have helped hundreds of women meet their health and wellness goals, including how to eat in a way they can sustain for life. No fads or promises of quick fixes, just practical approaches that prove themselves over the life-long haul.

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