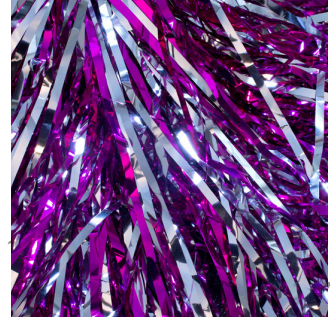
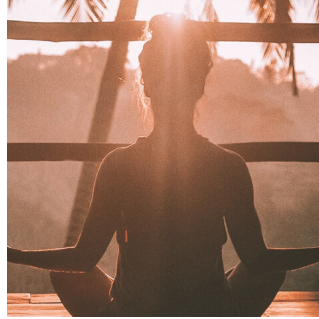
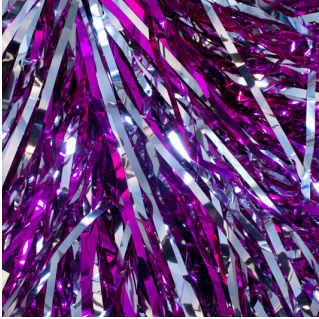


Amy Ballantyne



AMY BALLANTYNE

**YOUR HEALTH CHEERLEADER
& HOLISTIC HEALTH COACH**

Amy is a passionate speaker and coach who loves to inspire, encourage and ignite women to take their health to the next level. Amy knows first hand that busy, working mothers need someone in their corner to cheer them on and hold them accountable for putting themselves first.

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HOW I GOT STARTED

One habit at a time. That is the approach Amy takes. Too often women dive into health changes with two feet. Amy encourages daily, consistent, action with a celebration of the small successes along the way. Achieving optimal health & weight requires putting your own health and needs first.

"Every time a woman puts herself first it is a moment to celebrate."

FEATURED IN

- **Health Influencers Mastermind**
- **Best Holistic Life Magazine**
- **Best Holistic Life.com**
- **4Badass Bitches Podcast**
- **Wake Up with Gratitude YouTube**



WORK WITH ME

Amy is available for podcasts, workshops, summits and live speaking engagements. She is passionate about shifting the mindset and habits of women who feel like they have to give up their own health and self care in order to excel in family and business life.

TESTIMONIAL

"Amy has the ability to capture the entire audiences attention. With her high energy and exceptional speaking skills she's definitely who you want to have for your next event."
Christy Primmer, B.A. R.S.S.W. Primetime Consulting Services Inc.