



ADITALANG.com WELLNESS

NUTRITION. EXERCISE. SLEEP. HAPPINESS.

Author | Holistic Lifestyle Coach | Public Speaker | SuperPower Aficionado

An international speaker, coach, and author of *SuperPowers, A Busy Woman's Guide to Health and Happiness*, Adita Lang inspires audiences to prioritize their health so that they can enjoy the abundance of living a great life. Individuals, groups, and corporations have enjoyed her candor as she simplifies the nuances of nutrition, exercise, sleep, and happiness and teaches you how to combine these for success. She is driven to help others live a healthy, inspired, happy life.

Hire Adita Lang to Speak at your Next Event

SAMPLE SPEAKING TOPICS

1. SuperPowers of Health and Wealth
2. Family Nutrition
3. Nutrition
4. SuperPower Blue Print
5. Brain Power through Food
6. Food for Your Mood
7. The 4 Pillars of Health
8. Weight Loss & Meal Prep
9. Health & Fitness



EXPERTISE

- Author of *SuperPowers, A Busy Woman's Guide to Health and Happiness*
- 30+ Years as a Health Professional
- Author of *SuperPowers of the Family Kitchen*
- Program Developer: YMCA Pilates Mat Program, Nutritional Brilliance, Fierce4 Nutritional Coach, and YogaBall
- Faculty Member: The International Sports Conditioning Association, The American Council on Exercise, and AFAA

FEATURED

FORTUNE
500



SELF
MAGAZINE

POSH!
BEAUTY



AMERICANWAY
THE MAGAZINE OF AMERICAN AIRLINES

BONUS First 100 Participants to Your Event receive *SuperPowers, A Busy Woman's Guide to Health and Happiness* FREE

Inspiring | Life Changing | Straightforward | Insightful



WHO IS **INSPIRED** BY ADITA LANG?

Thank you Adita for all the powerful insight you have shared. They are of great value. I love your way of getting the info across in a quick and proper manner. It makes it a lot easier to put in place very helpful healthy habits. We are bombarded with so much information out there, but you make it so easy to understand. Thank you and I look forward to your newsletters. Namaste, Blessings

Lorena, Business Development UPS
Miami, FL

I am very impressed with Adita Lang's knowledge, expertise and easy-going personality. Thanks to her, I learned more about planning healthy meals. I am more "sugar conscious" and even more motivated to continue improving my eating habits. Maritza

Maritza, Communications FedEx
Miami, FL

Excellent! Adita presented with clarity and energy. Very thorough and easy to understand. This course you can immediately put into action

Karrie Griffiths
Spa Director, Williams Island Florida

I entered this lecture a bit hesitant and was amazingly surprised. Adita brings with her so much knowledge and an ability to share it in an easy to understand and fun manner. I learned so much about nutrition and food and how to make small changes that will lead me to a healthier lifestyle.

Carlos Agillo
Human Resources, Colton Group

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305.794.6505 | Info@AditaLang.com

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