

AMANDA KOCH



/MYWELLBALANCEDLIFE



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@MYWBLIFE

MY WELL BALANCED LIFE



ABOUT AMANDA

**Nutritional Therapy Practitioner, Pilates & Barre Master Trainer,
Executive Director with Beautycounter, former military wife, and boymom.**

After years of dealing with a lot of junk to include infertility, multiple miscarriage, crippling anxiety, chronic pain, and constant fear, I've made tons of healthy changes which have allowed me to restore my body back to optimal health. My life isn't nearly as cool as my Pinterest boards, but I do know a heck of a lot about living healthy in the real world.

I'm here to help busy people live healthier lives with real food, healthy movement, and safer products. And it doesn't have to be complicated. I promise.



SPEAKER



WORKSHOPS



GUEST WRITER



TV & RADIO

services offered

Speaking Gigs

Cooking & Fitness Demos

Guest Writer

Private & Group Instruction

Radio, Podcast, TV, Summit,
& Panel Guest



rules i live by

Healthy living doesn't need to be complicated.

The goal is progress, not perfection.

Small steps add up to BIG change.

Wellness is not one size fits all.

Grace is required.

contact details

Location

Houston, TX

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Website

<http://mywellbalancedlife.com>





AS FEATURED IN:

**1 / MINDFUL MAVERICKS
MAGAZINE**

**2 / MODERN MOMMY PREP
SCHOOL EP. 61**

**3 / THE WELLNESS
SPOTLIGHT**

4 / COLORFUL EATS EP. 37

**5 / BARBELLS & BONE
BROTH EP. 69**

**6 / THE BLOSSOM TO BE FIT
SHOW EP. 79**

AMANDA KOCH, NCPT, NTP
WWW.MYWELLBALANCEDLIFE.COM

MY FAVE TOPICS:

- Nutrition & Real Food
- Healthy Movement
- Business & Branding
- Thriving as a Military Spouse
- Wellness Wisdom for Middle-Aged Women
- Recovering from Chronic Back Pain
- Infertility & The Grieving Process
- Limiting Your Toxic Load
- The Truth About The Beauty Industry
- Meal Prep for Lazy People
- Hormone Balancing Tips
- Making Healthy Eating Easy

*Check out my website for more!

RADIO, PODCAST & TV

INTERVIEWS



ABOUT APPEARANCES

Y'all, I love chatting about anything health related. Helping people, telling my story, sharing my passion for the work I get to do ... it's what makes me happy and fills my cup. When I really started to heal from all the junk I went through, I fell in love with color, joy, and laughter. Sometimes healthy living and the challenges people face can be a downer. I get it — because I crawled through the trenches and came out on the other side, But I love bringing simplicity and fun to these topics so people can view it in a happier light. Healthy living is FUN, not a chore. I can show you how to make it work in real life. And, I'll make you laugh. That's a promise.

TOPICS:

NUTRITION & HEALTHY MOVEMENT

- Digestion 101
- Blood Sugar Balance
- Recovering from Adrenal Fatigue
- Posture Exercises at Your Desk
- Pilates & Barre Workouts You Can Do Anywhere

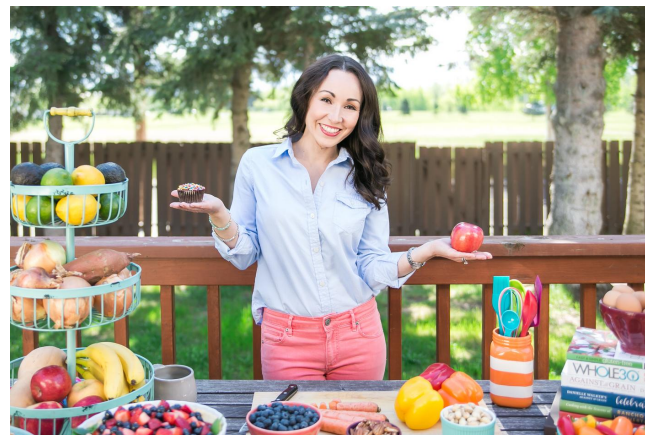
BUSINESS & BRANDING

- Building a Multi-Passionate Business
- Social Media Branding for Wellness Businesses
- How to Start a Wellness Blog & Business

SAFER PRODUCTS

- Cleaning Up Your Products Room by Room
- Toxins and Fat Storage
- Safer Makeup Education

**I CAN ALSO TAILOR A TALK OR SEGMENT
JUST FOR YOU AND YOUR AUDIENCE'S NEEDS!**



LET'S TEAM UP!

So can we partner up and do something great?

I love working with local businesses, sports organizations, schools, wellness businesses, corporations and non-profits. In addition, I work with podcasters as well as tv, radio and summit hosts.

My talks and programs are ideal for anyone who would like to improve their health, body, or business ... but are especially geared toward busy moms, military spouses and women in the midst of their wellness reinventions. Because that's basically me.

I listed a small sampling of topics I cover - but these are just the tip of the iceberg. Let's chat and see how I can help bring health and wellness to your community and organization. I'll fill your cup, and you'll fill mine. It's a total win-win.



TESTIMONIALS

"What a treat it has been to have Amanda in my life! Literally...her desserts and other recipes have crossed the worlds of being fast and easy to prepare with healthier food choices! I love that when I go to make one of her recipes, I know I won't spend forever in the kitchen or at the store tracking down obscure ingredients. Her lifestyle tips help us all live a healthier life without feeling like we aren't living.

— Wylisha R.



"I truly believe that Amanda Koch and her style of teaching and knowledge made me love Pilates. She teaches with such an ease that anyone at any level is comfortable in her class and wants to come back. She challenges you in such a way that you start to believe in yourself. She may not know this, but she was born a teacher. She has such a gift and I am truly grateful that our paths crossed and I was able to learn from THE BEST. I get to not only call her my mentor, instructor, at one time BOSS (which she loved), but also my dear friend. I hope to one day be half the Pilates instructor that Amanda Koch modeled before me."

— Casey C.

