



## Cooking Fit 4 Life: Smart Strategies That Stir You

### A Fresh, Fun Approach to Promoting Wellness. It All Starts in the Kitchen!

#### Who answers yes to any of the following questions?

1. Does the staff at local restaurants know you on a personal, first-name basis?
2. Does your favorite floral dress look like its 3D, all in the wrong places?
3. Are you wearing those stretch pants that LOOK like jeans instead of your favorite pair of real jeans?
4. Do you find yourself parking closer and closer to any entrance of the grocery store because you're carrying extra weight equal to the size of a Labrador puppy?
5. Upon returning home, do you nix the driveway, choosing to park in the yard so you can drop your groceries off at the front door?

*"If you would like to learn how making a few subtle shifts and simple changes can empower you to supercharge your kitchen, call me! I will motivate your audience to get "stirred up" about Cooking Fit 4 Life by sharing and demonstrating my favorite smart-cook strategies, savvy culinary techniques and tasty recipes."*

Nobody STIRS an audience like Chef Alli! Passionate about her mission to teach families that healthy cooking is essential, Chef Alli immediately resonates with her audiences. A uniquely qualified motivational speaker, Chef Alli brings a distinctive flavor of charm and fun to the platform as she shares her meat-and-potatoes insight, combining visual humor and real-life stories to inspire individuals and families take back dinner.

Chef Alli's presentations can be customized for your audience. From corporate groups to educators and healthcare professionals to women's conferences, Chef Alli has a presentation that delivers zeal, zest, and zing for your group! Her positive message will inspire your audience to implement the healthy lifestyle changes we all desire. [Contact Chef Alli's, Inc. today!](#)