

# KATHRYN KEMP GUYLAY: MOUNTAIN MAMA



## Interview Entertaining Wellness/Leadership Expert Who Skis With Olympians

When she's not on the slopes, Kathryn Kemp Guylay is engaged in numerous other activities in her community and beyond. As the founder and executive director of Nurture, Kathryn has helped tens of thousands of children and families improve their nutrition and wellness. As a principal of Healthy Solutions of Sun Valley, Kathryn brings wellness solutions to organizations and corporations through speaking engagements and workshops. Kathryn shares her wellness and life lessons in her bestselling new book, *Mountain Mantras*, and hosts a bi-weekly radio show in Ketchum, Idaho.

### STORY IDEAS:

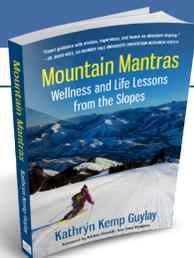
- A 6-step plan to reach the summit of your career
- How to perfect your balance in life by falling down
- 4 simple ingredients for maximum energy and productivity every day
- What skiing style tells you about the leadership quality of leading presidential candidates
- Secrets from the slopes on finding Mr. Right
- 3 après ski yoga poses that will help you excel in your love life
- Olympic wisdom for Main Street moms and dads
- Scary and true food stories to tell on October 24th (Food Day)
- Games that solve the dilemma of Halloween candy overload
- When it comes to kids and establishing healthy eating patterns, let them eat cake!



### AS FEATURED IN

Chicago Tribune

make it better



Never before has a book been written on how the mountains and skiing provide the perfect metaphor for achieving success in life.

**NOW IT'S A #1 AMAZON BESTSELLER**

"Nutrition and wellness in a laugh-out-loud, funny way. Important and fun!"

—Tiger Shaw, president and CEO, U.S. Ski and Snowboard Association

"Expert guidance with wisdom, experience, and humor on abundant display."

—Dr. David Katz, Co-Founder of the Yale University Prevention Research Center

Access Kathryn's Media Room at [www.makewellnessfun.com](http://www.makewellnessfun.com)

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