

Terri Mattson



Coach & Inspirational
Wellness Mentor

**Supportive, Committed,
Strong, Inspiring**



Terri Mattson has been in the coaching field for over 13 years and founded Beginning Today Lifestyle Wellness in 2016. She is a Wellness Consultant for corporations and senior communities, has an Associate of Arts Degree, Certified Integrative Wellness & Life Coach, and works holistically with mental, physical, emotional, and spiritual wellness. She is also a health and wellness personal coach and mentor. After leading members to successful weight loss with a well-known company, she founded her own business working with individuals and groups, championing them in their journey towards life balance.

Terri is passionate about helping others, "Beginning Today", become the best they can be. She speaks to a wide genre of groups offering a variety of options such as: Power Hours, 12 Weeks to Wellness Series and more. A self-starter who went back to college at 49, she believes it's never too late to learn and create lasting personal change. She lives with her husband and is the mother of four now-grown boys.

Creating Small Changes for Maximum Results

Inspiring speaker getting you on track with your wellness

Weekly programs to get your wellness roaring

Helping you take charge to become the person you want to be

*Embracing an inclusive approach to making healthier choices, one small change at a time.

*Creating a safe experience by uniting the audience into a community-style forum.

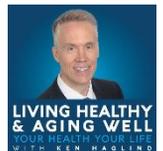
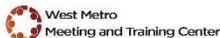
*Drawing on her background, education and experiences to introduce comprehensive outlines to help you begin your journey to a healthier "you."

*Dynamic, funny and energizing with the audience.

*Engaging, supportive and empowering.

*Takeaway action steps.

Seen and Heard





Terri Mattson in Action

Speaking Topics



Fallen off the Rails? Let's Get Back on Track. Small Changes for Maximum Results.

Do you add cream to your coffee, reach for the fried foods and dips at gatherings? Do you make laps around the parking lot looking for a close spot to the main entrance? This interactive talk will help you choose a more mindful approach to making small adjustments in your routine, creating the healthier you that you have been looking for.

A Healthier You is Only a Habit Away, Wellness in Daily Living.

Wondering when you last felt like your best self and eager to get heading in that direction. This interactive conversation will take you on real life slip ups and how to bring them back to center getting you back in the groove to wellness. You will visualize your best self and create the necessary steps to get you back making mindful decisions to change your habits. Together we will work on a calendar to success and create a personalized plan for your good health.

Take Back Your ZZZ's

Counting Sheep? Let's start dreaming sheep. This presentation will hit the top reasons sleep runs from you and how you can change your habits to get the rest you need. Yes we talk honestly about how to change habits, when to see the doc and how making some adjustments will get you in the dreamland you desire.

Nutrition Labels-the Truth is in the Packaging

Marketing brings you in but the labeling could leave you out in the cold. This talk will take you to the back side of the product package and help you understand the truth of what's inside the wrapper. Together we will discover the percentages of the daily recommended amounts of nutrition in the product as well as the importance of understanding serving size, calories and other facts that could be a factor in your success to a healthy weight and good health.

TESTIMONIALS

"We recently had the distinct privilege of having Terri Mattson, from Beginning Today Lifestyle Wellness, present her "Habits That Make You Feel Healthier" to a packed room full of our residents here at Elim Shores. Terri's enthusiastic and engaging presentation got both our Independent and Assisted Living residents (and staff) involved and excited as they participated in this very interactive educational session! Terri brought humor, high energy and a relaxed atmosphere throughout her presentation that truly allowed our residents to feel comfortable jumping right in to participate! We look forward to having Terri back many more times as her list of available topics are spot on for our community life here at Elim Shores! I would recommend Terri in a heartbeat to any senior community that is looking for an educational, motivating and inspirational speaker!"

-- Chris Orr -- Housing Director, Elim Shores

"Terri spoke at the EP Noon Rotary and was great at reminding me how to make living a healthier lifestyle much simpler than I often make it out to be."

-- Greg O.

"I had to complete a 36 week cardiac rehab plan and wanted something to help me carry on with healthy habits. This wellness class has kept me on track. It was great to get to know other co-workers and to share support with each other."

-- Amy H.

"I love the wellness program. *A weekly check in on my health progress *I like the togetherness of co-workers and getting to know people indifferent departments *Great topics *We have great discussions in our group!"

-- Sheri M.



Beginning Today
Lifestyle Wellness, L.L.C.

Supportive, Committed,
Strong, Inspiring