

Australian health and wellness guru Rachel Cohen to feature as a prominent thought leader in Celebrity Publishing's:

"THINK BIG: INSIGHTS FROM SIR RICHARD BRANSON AND INTERNATIONAL THOUGHT LEADERS".

Sydney, 18 February 2019— Rachel Cohen, life coach, fitness and Tai Chi instructor, nutritionist and public speaker will appear alongside the likes of Sir Richard Branson, Cydney O'Sullivan and Dr Adam Arnold in the latest of the bestselling 'Think Big' titles.

Cohen has spent the last twenty years building her Xperteze Fitness & Nutrition brand aimed at the 40+ market and is now considered one of the country's leading experts.

"Rachel's inspiring programs, training, and support have changed my life. I'm so much healthier, fitter, and happier than I ever thought possible."
—Layne Frost, Newport, New South Wales

Why does Cohen market to the over 40s? It was while working at her former company Polymedia (a successful event production company) that she witnessed how stress and exhaustion affected her colleagues. Around the same time, she also saw both her parents succumb to lifestyle diseases. Cohen vowed to make a difference and help people to improve their physical and mental health through fitness and wellbeing.

Cohen left Polymedia and launched full time into Xperteze Fitness & Nutrition. Her continuing education, development and determination have seen her strive to change people's lives for the better. Her renowned 'five truths' plan uses the latest research and science to give people actionable strategies to help slow down ageing and stay fit, healthy and young.

Turning her back on gimmick diets and fitness fads, Cohen shares her latest findings and health and fitness rules with Think Big readers: 'It's time to stop putting your health and wellness on hold until you find more time to pay attention. The clock is ticking!' she says.

THINK BIG: INSIGHTS FROM SIR RICHARD BRANSON AND INTERNATIONAL THOUGHT LEADERS release date February 18, 2019. It shares strategies, advice and knowledge from highly successful leaders that the reader can use to advance their businesses, careers and lifestyle. Quotes throughout the book inspire and allow the reader to dip into the book to gain daily motivation.

For more information, review copies, to arrange interviews and all other details about Rachel Cohen; please contact:

Rachel Cohen

Email: rachel@xperteze.com.au

Facebook: Xperteze Fitness & Nutrition @xpertezefitness

www.rachelcohen.com.au

Amazon link: <http://bit.ly/TB2Kd>

Contacts

Rachel Cohen

mailto: rachel@xperteze.com.au