

Real Wealth is Health

Fantastically Fit! Inc. helps individuals, businesses and communities become healthier and wealthier with innovative strategies.

Yedda, president and owner of Fantastically Fit! Inc., believes Ralph Waldo Emerson, the great 19th century philosopher was right when he said, "The first wealth is health." She proves it everyday as she assists individuals, businesses and community leaders to achieve maximum health.

Whether you are the CEO of a business looking for ways to decrease your health care costs and increase productivity; an organization looking for ways to improve the health of your community or the individual who finally says, "Today is the day I make a change."

Fantastically Fit! helps you identify where you are and where you want to be and shows you how to get there.

Yedda, a fantastically fit entrepreneur, talks with excitement as she explains her business philosophy. "Health is not a destination but a journey. It is realizing that we are all more than the sum of our parts. It involves developing a unique formula to meet each individual's need." It is this formula that led Yedda to start her own business.

Fantastically Fit! Inc. was founded when Yedda moved back to Richmond from Washington, D.C., where she had been working for the nation's largest fitness firm, taking fledgling facilities and making them more profitable. What she enjoyed most about that stage in her career were the unique challenges each facility posed and developing the processes to turn them around. Under her guidance, the fitness firm's top-line revenue increased by 171 percent, which consistently placed her facilities in the top 3 percent nationwide. By doing so, Yedda obtained the highly coveted Elite Performer Award.

But even with all the success, Yedda felt something was missing. "I wanted to share my successful formula for health with business, organizations in the community and people desiring to achieve a maximum level of health. "Let's face it," Yedda says, "we all want to be fantastically fit, but we lack either the knowledge, the discipline or the desire."

Fantastically Fit! Inc. manages several corporate fitness facilities and consults with community and government agencies in the Richmond area. "I work with the corporate leadership, community leaders and individuals to develop a strategy driven by their goals, not ours," states Yedda.

Yedda says she has taken the same skills and processes from her fitness management background and combined them with her education in public health to create a one-of-a-kind approach to achieving maximum health. "This is what puts Fantastically Fit! outside the traditional health and wellness box," she says. "I ask, 'How fit are you? How fit is your organization? If you want to be fantastically fit inside out, we can do it.'"

TOP THREE "WEALTH" TIPS

- 1) Unlock your hidden desires.
- 2) Activate you dormant resources
- 3) Strengthen your capacity to move