



## **Lifestyle 120®'s New Program Shows Boomer Women the Secrets to De-Stress and Recharge Their Lives (Even During a Pandemic)**

FOR IMMEDIATE RELEASE (Chicago, IL) Lifestyle 120® is proud to announce the release of its premier online transformational program designed specifically for discerning, seasoned women over 55. Founder and Inspired Aging™ motivational speaker T. Kari (TK) Mitchell's Sprout Your Life™ program gives senior women the confidence and tools to tackle their next chapter with grace and grit, and ultimately, make meaningful changes to their lives.

According to the University of Michigan Poll on Healthy Aging, pandemic life for older Americans has doubled their rate of loneliness (to 56 percent) from just two years ago. For mature women, Mitchell says not having those priceless connections is a lifeline lost, and a burden on overall motivation. Sprout Your Life™ faces the emotional toll for women head on, diving deep into improving health, relationships, wellness, and the ability to make meaningful connections and find purpose in a supportive community.

"The pandemic has significantly altered our lives, and it is up to us to invent creative ways to produce light during these unprecedented times," Mitchell says. "Even when our lives appear bleak and bland, we have the power to make the positive changes that will promote satisfaction and well-being."

The Sprout Your Life™ program's holistic approach includes: Empowering videos and newsletters delivered bi-weekly, an inspired workbook with action steps to stay on track, and an exclusive Facebook group for consistent engagement and support.

Lifestyle 120®, a holistic wellness business, along with the Sprout Your New Life™ program, offer comprehensive, spiritually-based empowerment programming, including 1:1 individualized coaching, to help women overcome challenges around achieving health and happiness so they can flourish during their second act.

**For bookings, media kit, and more information on Lifestyle 120® and Sprout Your New Life™, connect with TK at [tk@lifestyle120.com](mailto:tk@lifestyle120.com) or visit [lifestyle120.com](https://lifestyle120.com).**

# *Are you ready to rethink what you thought you knew about aging?*



*We are starting a movement! A movement for seasoned, mature women who aren't satisfied with sitting on the sidelines. You are not done yet! You can claim the life you have always wanted and pursue your dreams. Stop listening to that voice that tells you "you're too old" or "you're not good enough." Know that you can transform and flourish in the second half of your life. Freedom, power, joy, peace, and prosperity are your divine rights.*



*T. Kari Mitchell*  
INSPIRED AGING™ MOTIVATIONAL SPEAKER

T. Kari Mitchell's exciting signature talk, *You're Not Done Yet! Get Ready for Act II*, inspires mature women to rethink the second half of their lives and push back on the boundaries that have been set for them. Built on a strong spiritual foundation and touching on seven key lifestyle components, this presentation is for ladies who want to go places they've never been and do things they've never done. An accomplished coach and educator, T. K. inspires women to reclaim their health, confidence, purpose and power so they can accomplish amazing things in their golden years. Travel and adventure, repairing old relationships, starting a new business, finding new hobbies... There's no limit to building the life you desire.

Additional topics include:

- Spiritually Speaking: Finding Your Purpose • Four Steps to Forgiveness: How to Repair Your Relationships
- Generous Generation: Leaving a Legacy • Don't Call It a Diet: Creating a Live-It Nutrition Program

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*Nourish* ✨ *Transform* ✨ *Flourish*



# T. Kari Mitchell

## INSPIRED AGING™ MOTIVATIONAL SPEAKER

Reach out to book me for your event today!



T. Kari Mitchell, M.Ed.

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T. Kari Mitchell spent 32 years as a public school educator preparing millennials for their future. And now, she has dedicated the second half of her life to preparing perennials for their future.

Although T.K. has been health conscious most of her life, she experienced significant health challenges in her early 50's. Through dietary modifications, naturopathic therapies and lifestyle interventions, she reversed her health issues and reclaimed her power in a short period of time. Life experiences inspired T. K. to blend her passion for teaching and wellness in a unique way to help mature, seasoned women flourish in their golden years.

T. K. founded *Lifestyle 120®*, a holistic wellness business. She is a published author, workshop facilitator, and motivational speaker. *Sprout Your New Life™*, T. K.'s comprehensive, spiritually based empowerment program, helps women overcome their struggles around achieving health and happiness so they can flourish during their second act.

T.K. received her B.A. from Scripps College, her M.Ed. from University of Southern California, her Health Coach Certificate from Institute for Integrative Nutrition, and her Aromatherapist Certificate from Aromahead Institute. She is also an Ageless Grace® Educator—facilitating fitness classes for the body and brain.

In addition to her own blog, T. K. is a monthly contributor to *Sixty and Me*, an online community of over 500,000 dynamic baby boomer women. She guests frequently on podcast and blogs, and has been published on *Mind Body Green*, *Sivana East*, and *Wellness Universe*. She was a guest on *Voice America* and co-hosted a six-month wellness series with Dr. Pat on *Transformation Talk Radio*. Her book, *Sip the Garden: Fun Easy Drinks for a Healthier Family*, was featured in *My Suburban Life Magazine* and *Glanzer Magazine*.



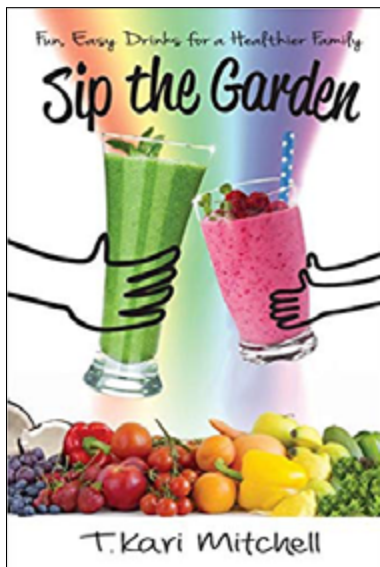


# Lifestyle120®



**Sprout Your New Life™** is an online, spiritually based empowerment program for mature, seasoned women. The structured, comprehensive curriculum is based on a system of fundamental, universal truths that can be applied to everyday living to promote growth, transformation and success.

The program consists of twenty-four live video lessons, a workbook and activities designed to support well-being and whole health. The unique framework helps mature women integrate spiritual principles with lifestyle goals so they can live the life of their dreams.



Drink your way to better health by replacing soda and other sugary drinks with these flavorful, easy-to-make recipes. T. K.'s book, *Sip the Garden: Fun, Easy Drinks for a Healthier Family*, offers families one manageable lifestyle change that will improve overall health and well-being.

T. K.'s life dramatically changed after she was diagnosed with multiple food allergies. Determined to use this information to her advantage, she was successful in reversing several health challenges through dietary modifications and lifestyle interventions. As a certified holistic health coach, she is passionate about sharing the recipes that changed her life.

**Sip the Garden: Fun, Easy Drinks for a Healthier Family** is available on Amazon.com.

# Press and Media

## Blogs and Social Media



Monthly blog contributor to *Sixty and Me*, an online community of over 500,000 dynamic baby boomer women. 50,000 average page views a day.



Weekly original blog and video content as well as rich social media posts.

## Current Podcasts



The Kornelia Stephanie Show:  
Stories That Inspire Hope



High Performing Podcast  
with Mike McGlothlin



Abundant Culture Podcast

