

keepwith[®]
presents

NETWORKING AS[™] WELLNESS

2020 WELLNESS JOURNEY: A QUARTERLY SERIES



with
Megan Roudebush
& Casey Librizzi



Ultimate Workout

INTRODUCTION

Networking As[™] is keepwith's content vehicle linking networking (i.e. strategic relationship building) to important topics, such as wellness. Networking As[™] Wellness is keepwith's brand of content and in-real life events focused on the interplay between maintaining authentic and reciprocal networking relationships and our overall health and wellness. This particular piece is the first in a quarterly series dedicated to some personal wellness work keepwith's Founder Megan Burke Roudebush is doing in 2020 with the help of renowned fitness trainer, wellness expert and motivational speaker Casey Librizzi whom keepwith met in August 2019 at SHE Summit Dallas.

THE STORY

In August 2019, keepwith returned to SHE Summit Dallas, after soft launching as a company at the inaugural SHE Summit Dallas conference in August 2018, to provide networking advice and education to conference attendees. At that time, keepwith met Casey Librizzi, owner of Ultimate Workout in South Florida. Casey delivered a rousing keynote that ignited the audience and truly set the tone for the empowering conference. It was just after the conference ended that Casey, her wife Lisa and Megan realized that keepwith and Ultimate Workout share many common values and should collaborate to spread the two companies' messages related to health and wellness, while forming bonds with others (#networkingaswellness). This quarterly series, 2020 Wellness Journey (#2020wellnessjourney) and the work that goes along with it is just one way that keepwith and Ultimate Workout will collaborate in 2020.

WHAT'S TO COME

Drawing on Megan's networking expertise and constant passion to prioritize wellness in all that she does, and given Casey's fitness and wellness expertise in maintaining a healthy lifestyle and her desire to share that with the world, we will be collaborating to help Megan reach her wellness goals for 2020 and to help Casey reach her networking goals for 2020. Megan will share her goals and her progress towards achieving them, with Casey's help. Casey will share her goals and her progress towards achieving them. Once per quarter, Megan will travel to South Florida to work out in-person with Casey at Ultimate Workout and to assist Casey in the development and execution of her strategic networking plan.

WHY WE ARE DOING THIS

By writing about wellness goals for 2020 and about progress Megan makes towards those goals, in addition to challenges and roadblocks and how she handles them, Megan is hoping to share real life content that addresses her wellness journey and how working with someone as knowledgeable as Casey has a positive impact and influence on Megan's wellness success. Casey is excited about using this opportunity to educate readers and debunk some common myths related to health, weight and fitness routines.

keepwith[®]

WE TEACH NETWORKING

KEEPWITH'S GOALS AND ULTIMATE WORKOUT'S [TOP TIPS]:

KEEPWITH'S GOALS

1. To be able to complete ten full body push-ups successfully.
2. To diversify the types of exercise that I do on a weekly basis (I do lots of spin).
3. To lose 12 pounds by the end of December 2020.

ULTIMATE WORKOUT'S TOP TIPS

1. Set your expectations and change what is possible for you. Push-ups are a great way to get cardiovascular and strength training at the same time. This is a great exercise for someone who needs to squeeze in a workout before they start a busy day.
2. Your workout routine should not be either cardio training or weight training. Incorporating both into your fitness is the best for your health and overall wellness.
3. The words diet and exercise almost always appear together. If there is disharmony between the two you won't get the results you are looking for. They are both equally important and both equally challenging. Victory is a product of the fight and the discomfort you feel during the process is temporary. You will struggle and when you do, know that is what separates great from average. You have greatness inside of you and you will not be beaten. You will not settle for average. Knowing that is the most important step you will ever take.

Our hope for this content is that it will be honest, genuine, realistic and that it accurately reflects Megan's 2020 Wellness Journey in 2020. Please follow-along and let us know what you think.

Yours in networking and in wellness,

Megan and Casey

About

Networking As™

Networking As™ is a recurring series of articles, blog posts and videos highlighting how networking is integral to a particular topic (for example, Networking As™ Wellness). Networking As™ publications may be accompanied by real-life networking events. Future issues will include Networking As™ Mentorship, Networking As™ Business Development, Networking As™ Parenting, Networking As™ Diversity and Inclusion, Networking As™ Impact, and Networking As™ Career Development, among others.

Why

Networking As™ Wellness

At keepwith®, we see the interplay between networking and wellness arise in two contexts: (i) when we spend time on our relationships, we experience positive health benefits; and (ii) results from dedication to regular and meaningful exercise and healthy eating habits mirror results from dedication to regular and meaningful networking activities.

Many people renew their focus on wellness at this time of year, which is why we originally chose wellness for our inaugural issue in January 2019. keepwith® is thrilled to celebrate our one year anniversary of our Networking As™ content vehicle and the one year anniversary of Networking As™ Wellness, which is an area of our business that continues to expand.

About

keepwith®

We are a company that teaches people how to network well. We provide tailored advice and education that empowers people to form relationships that matter. Said more simply: we teach networking.

Founder Megan Burke Roudebush values authentic relationship building above all else. From New York City and now based outside Chicago, she enjoys volunteering, mentoring and most of all, networking well.

About

Ultimate Workout

As the Original Orangetheory, this amazing studio offers the best in cardio, yoga, and strength training workouts through Ultimate Workout (the original Orangetheory), P3 Cycle, Pilates, Hot Yoga, Barre, Babies/Toddlers Rock, and Kids Yoga. with a focus on personal training in a group setting. With workouts designed for every level you can achieve your personal goals and train your body to be the best it can be.

With over two decades of fitness industry experience, Casey Librizzi has been at the forefront of physical fitness and wellbeing. Now the owner of Ultimate Workout, Casey has been an integral part of Ultimate Workout Studio for more than 15 years. As a fitness professional, Casey strives to make fitness fun. She is adventurous, hardworking, and positive, with a contagious and enthusiastic personality.