



Deborah Enos, CN, also known as *“The One-Minute Wellness Coach,”* is The Health Coach for busy, working people. She pares her good-health messages down to simple and fast bullet points that can impact lives in 60 seconds or less. Her advice is something that may add a couple of minutes to your daily routine but will add a huge dose of energy and vitality to your day.

Deborah serves as a board member of the American Heart Association. She has appeared on NBC, ABC and FOX News, and has been featured in *The Costco Connection*, *Parade Magazine*, *Self Magazine*, *Good Housekeeping* and *USA Today*.

Deborah’s clients include: Caterpillar, Costco Wholesale, Chrysler Corporation, Samsung and Bank of America.