



# DR. LISA FOLDEN

LICENSED PHYSICAL THERAPIST | SPEAKER | BEHAVIOR CHANGE SPECIALIST/MOM HEALTH COACH

## CONTACT

WWW.HEALTHYPHIT.COM  
INFO@HEALTHYPHIT.COM  
980-505-7448

## SOCIAL MEDIA



"I learned so much and loved the live demonstrations and how easy the tips were to apply to my everyday life." - Mary N.

## MEET DR. LISA

Dr. Lisa N. Folden is the owner of Healthy Phit Physical Therapy & Wellness Consultants in Charlotte, NC, a wife and mom of three. As a result, Dr. Folden understands the complex demands and pressures associated with motherhood and womanhood.

Through her motivational speaking, Dr. Lisa leans on her personal and professional experiences to help women, especially mothers, learn to love, value and appreciate themselves, mind, body and spirit. With a focus on total wellness, intuitive eating and breaking up with toxic diet culture, Dr. Folden believes in making healthy attainable for anyone interested.

## SPEAKING TOPICS

- SELF-CARE FOR BUSY MOMS
- DITCHING DIET CULTURE
- CREATING SPACE FOR YOURSELF
- CREATING A WELLNESS ROUTINE
- WEIGHT ACCEPTANCE IN HEALTHCARE
- ANTI-DIET APPROACH TO FITNESS & HEALTH
- EXERCISE AS JOYFUL MOVEMENT

## ACCOLADES & FEATURES

FEATURED IN WOMEN TO KNOW IN NORTH CAROLINA VOL. 1 - 2021

FIRST BLACK AMERICAN WOMAN TO RECEIVE DOCTORATE FROM GRAND VALLEY STATE UNIVERSITY - 2007

