

Testimonials for Sandra Garth

"Sandra is a phenomenal speaker. We were pleased with her professionalism, friendliness, and enthusiasm. One Body One Lifetime is appropriate for any environment, individual or large group."

-Jacquetta Browder -Branch Manager - ABN AMRO

"Whittle Your Waistline Not Your Wallet" - something every woman can relate to. Her time with us was very informative and professional. I'm sure we will invite her back to share her wisdom with us again."

-Rita Holsinger -Owner, Curves Fitness Center

"Sandra Garth is a real woman who has suffered real-world problems, which include the deployment of her son and daughter-in-law to Iraq. Sandra decided to turn her "lemons" into "lemonade," which took her down a very unexpected and public path: appearing on CNN in order to lose weight and accomplish a lifestyle change. She has continued to have the courage to share her very personal unfolding with the world, and offers both an inspiring and a very practical message. When audiences need both a pick-me-up and a kick in the pants to get going on something, I recommend Sandra Garth"

-Ilene Dillon - Host of Full Power Living - worldtalkradio.com

"Sandra was a guest on my afternoon radio talk show in CT and was so wonderful that I've invited her to do a monthly feature on my show! Her story, passion and motivation offered true inspiration to my listeners. My show is an upbeat, positive talk show focusing on issues of daily life and Sandra was a wonderful complement to the format. She is able to convey how desired change in life can actually happen, and how one's situation can be transformed. Thank you, Sandra!!"

-Mary Jones - Midday Magazine - Hartford, CT

Dear Sandra, How delightful it was to spend time with you over lunch at Women's Club. We do appreciate you taking time out of your schedule to share your thoughts with us. The ladies and I found your information very interesting. You have a fascinating story to tell. I hope we will meet up again sometimes.

-Sincere Thanks, Linda Howard

"A personal note of thanks for taking your time to bring my club sisters the powerful info on Heart Wellness. Your info really provided a boost and I personally appreciate you for your presentation."

-Donna