

HER

Wellbeing  Summit

**BECAUSE A BUSINESS
WOMAN IS SO MUCH MORE
THAN HER BUSINESS**

HER Wellbeing Online Summit 2020

Exclusive Contributor Offer

Eat Clean Be Healthy, Empower Brain Health - Sofia Querido

My name is Sofia Querido,

I'm part of @Elite Movement (and also brand ambassador for Elite Movement apparel brand of gym & loungewear) Where I manage @Eat Clean Be Healthy (partnership with Juice Plus) and I'm a Registered Nurse.

I'm currently Senior Direct Distributor and seriously committed and motivated to help other women to be the best they can be...Mentally and Physically!

I'm passionate and a lover of the products and truly understand how they work and how they can transform others health and used to start a lifestyle change. Such as improve energy levels, hair, nails & skin condition, gut issues like bloating, digestive problems, joint pain, menopause, chronic fatigue syndrome, fibromyalgia, immune system, weight management, muscle gain and support a healthy lifestyle with simple nutrition alternatives for families.

We are a worldwide business, working with women from all different countries and I'm proud that I've changed people's health with our plant based, vegan plans/products and my mentoring.

I believe I found my purpose and I can help many other women to feel amazing and confident, inspire them and they can inspire their friends and family too.

I'm also in pursuit of my tribe, finding other motivated, inspired and committed ladies to share healthy living while getting healthier too!

I'm very connected to people's emotions and goals, very focused on my purpose and love dancing, exercising and laughing.

Love understanding people's energies and into spirituality and nature. Also being with my 3y old son who's the reason I'm dedicated to pursue time freedom and flexible work so I can support him during his childhood having the best memories!

I'm very passionate into everything i like and dedicated 200% to be fun and supportive to everyone around me!

Best moto is to create the life you love, feeling happy and the best version of yourself... it will transform your life!

Best moment of last year was when I went with my son 2yr old at that time to a Company Regional Convention in Brighton and he absolutely enjoyed the 2 days!! He was buzzing, dancing, chatting, like he was in his own world! Made me realize how important it is to make our own family to be part of our dreams and beliefs and actually include them in the environment we're too!!

Makes it so much worthwhile ♥



Contact me at <https://www.facebook.com/sofia.querido.73> for up to 10% discount off!