



POLLY PITCHFORD

Entertainment, inspiration & education all wrapped up in one!

If You Are Looking for a Way to ...

- Motivate your audience to raise their game with simple, tried & true techniques.
- Inspire people to get more out of life through food, fitness & fun.
- Jumpstart a happier and healthier community.

You Have Found It!

Polly's customized presentations provide helpful tips through personal experiences everyone can relate to.

Her Down-to-Earth and humorous approach mirrors her own lifelong journey to lasting, positive changes.

Polly is passionate that rediscovering the healthy you is more important than ever in today's stressful, multi-tasking society and she delivers clear paths to better health by cutting through the confusion and affirming that it doesn't have to be as hard as we make it out to be! Ahhh ... Finally, Permission to be Joyful On Your Way to Healthier!

Most Popular Programs

From Burned Out to Bodacious

The Working Woman's Guide to Happier and Healthier.

Igniting Your Inner Spark

Embracing Health with Empowerment and Humor.

The Outrageous Girls Guide to Good Health

Change Your Attitude About Food & Fitness & Laugh in the Process.

Pump Up Your Admin Mojo



Polly's Clients Include:

Shell Oil

CVS

Aetna

Whole Foods Market

FCCI & ZENITH Insurance

Novo Nordisk Pharmaceuticals

Coliseum Health Systems

BayState Healthcare Systems

University Lending Group

Aetna Insurance

School Nutrition Association

Louisiana Center for Women
in Government and Business

Oklahoma Department
of Mental Health

Book Today!

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“Polly's presentation **had the audience on their feet, literally!** They were moving, dancing, excited – and in the end, gave her a standing ovation! **They walked away with tangible plans for improving their heart health and their lives.** We would recommend Polly for your next event.”

— Robin Parker, Marketing, Coliseum Health Systems