

Simply Retirement

Unlocking the Secrets to a Healthy and Vibrant Retirement with Kim Lee (Ep. 7)

Summary:

In this thought-provoking episode, our special guest eloquently underscores a profound truth: one person indeed has the ability to bring about monumental change in another's world.

Joining us in this engaging dialogue is personal trainer, Kim Lee. She is united with our host, Eric Blake, by their shared clientele—women on the cusp of, or already enjoying, retirement who are primed for a life-changing transformation. Their clients are individuals shaped by life's experiences and transitions, now seeking valuable guidance.

Kim candidly shares her personal journey, transitioning from the field of law enforcement to her calling as a personal trainer. She emphasizes her unwavering commitment to her mission: to uplift and empower others.

Eric and Kim discuss:

- The distinct challenges faced by women in managing their health and wellness during the twilight of their careers.
- The essential role that dedicated self-care time plays in a healthy lifestyle.
- How Kim strategizes to ensure her health remains a priority in her retirement years.
- The remarkable influence a nurturing community can impart during the later stages of life.
- Plus, a lot more insightful discussions!

Resources:

- [Get Your Own Simply Retirement Roadmap](#)

Connect with Eric Blake:

- [Blake Wealth Management](#)
- [Eric Blake, CFP® Facebook](#)
- [Eric Blake, CFP® Instagram](#)
- [Eric Blake, CFP® LinkedIn](#)
- [Blake Wealth Management LinkedIn](#)
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Connect with our Guest:

- [Instagram: Kim Lee](#)

About our Guest:

Kim Lee, a dedicated Certified Personal Trainer for the past 8 years, is currently operating as an Independent Contractor at the Hidden Gym nestled in Allen, Texas. Alongside her professional pursuits, she cherishes her role as a loving wife and mother to two wonderful grown children. Her fervor for promoting both physical and mental health is unmistakable and deeply embedded in her work. She firmly believes in the power of small, consistent steps, emphasizing that they collectively pave the way for monumental change.

Publishing Tags: Women and Retirement, Fitness, Wellness, Training, Retirement Planning, Health, Mindset,