



STEPHANIE STIERHOFF

LOVE, LIVE, THRIVE NO MATTER WHAT

Stephanie Stierhoff guides women, men and students of all ages through her fitness and lifestyle program of customized coaching for individualized results. Her background as a professional chef, owner of Power & Balance Fitness and Nutrition, and three decades of autoimmune research provide her with the knowledge and experience to coach her clients towards achievement of their goals. Her study of autoimmune diseases was sparked when her first child was just a toddler and she began to experience the debilitating effects of the yet-to-be diagnosed Lupus. She manages her Lupus today with more than 30 years of nutrition and fitness research, and practices a lifestyle that serves her to the utmost. Stephanie devotes her time to Power & Balance Fitness and Nutrition's mission, which is to share her knowledge of living life to feel, live and look your best, and how to best manage bumps in the road. She travels from east to west coasts and performs on-stage cooking demos for nutrient dense and delicious foods at conferences. She also teaches cooking classes to prepare dishes that are quick and easy for small groups and individuals alike. As a guest on podcasts, she shares her personal journey back to health through food, fitness and a "can-do" attitude. Stephanie has two "crazy delicious" food products, Nut-Nola and Seed-Nola, found in select stores and online (www.powerandbalancefitness.com).

HOW TO FIND YOUR STRENGTH IN LIFE'S STRUGGLES:

Divorce, health crisis, disability and death of a loved one are an inescapable part of life.

Learn steps to gain awareness, determination and optimism in events of crisis.

FIND YOUR ENERGY TO LOVE, LIVE AND THRIVE:

Energy doesn't come from a can or a bar...

5 lifestyle modalities that enable you to thrive.

Tap into your mind-body connection. Learn how stress reduction, restorative sleep, healthy relationships, nutrient-dense foods and specific exercise plans are the source of your new energy.

DOES YOUR FAMILY HEALTH HISTORY REALLY DEFINE YOUR OWN FUTURE HEALTH?

Practices of targeted nutrition, functional exercise and lifestyle modifications can create positive outcomes.

You can change the trajectory of your genetic predisposition to a more positive future. Latest research and my personal and professional practices are the foundation of my healthy-lifestyle coaching.

BOOK STEPHANIE NOW

AWOL@POWERANDBALANCEFITNESS.COM • POWERANDBALANCEFITNESS.COM
703.304.3822

“Stephanie’s recipe for health and emotional well-being made all the difference in minimizing my Meniere’s Disease symptoms. Her practical and easy-to-follow recommendations are sustainable, and have given me great results. Thanks to Stephanie and her programs, I have been able to set aside my fears and fully participate in my life again.” Jacquie C.



ON STAGE / COACHING / CONVERSATIONS

Howard University College of Medicine, Washington, DC, University Seminar
Mark Twain Middle School, Alexandria VA, School Seminar
Tebarco Corporation, Alpharetta, GA, Corporate Appearance
Spry Methods, Tysons Corner, VA, Corporate Appearance
Service Now, Tysons Corner, VA, Corporate Appearance
Take Back Your Health Conference, Washington DC, Stage Demonstration
Take Back Your Health Conference, Los Angeles, CA, Stage Demonstration
Metro Cooking Entertainment Show, Washington, DC, Product Demonstration
Green Festival Expo, Washington, DC, Speaking Engagement
MOM Organic Market, VA and MD, Retail Demonstration
The Organic Butcher of McLean, VA, Retail Demonstration
Salud Natural Market, Great Falls, VA, Retail Demonstration
The Local Market, Falls Church, VA, Retail Demonstration
Everybody Fitness, Fairfax, VA, Fitness Center Appearance
Trident Cross Fit, Alexandria, VA, Fitness Center Appearance
Main Street Cross Fit, Fairfax, VA, Fitness Center Appearance
NOVA Weekend Warriors, Podcast Interview
Dr. Gayle Carson, Living Regret-Free, Podcast Interview



Dr. Gayle Carson

From: **Living Regret Free's** tracks

Stephanie Stierhoff

<https://www.speaker.com/user/6387102/dec-24-stephanie-stierhoff>



Meg Donnelly:

NOVA Weekend Warriors
Guest Stephanie Stierhoff
UNDERSTANDING MACROS

<https://www.speaker.com/user/megdlmt/16-understandingmacroswithstephaniestierhoff>

ORDER
NUT-NOLA AND SEED-NOLA
powerandbalancefitness.com



“Nut-Nola and Seed-Nola ROCK!! I’ve been supplementing my meals with your product and have seen incredible results in my fitness and weight loss/control. As an avid runner and cyclist, I needed something that I could use as a meal replacement/supplement that would enhance my performance. Nut-Nola (for me) is the perfect morning meal replacement. I am a believer. Both Nut-Nola and Seed-Nola work great on salads and as additional flavoring on everyday meals. Great products!” Patrick M.

