



ABOUT SUSAN SOMMERS

SUSAN SOMMERS is a dynamic walking and wellness author, advocate, speaker, and mentor. Since 2010, her life's work has been focused on helping women lead vibrant lives through fitness and healthy living. Sommers' successful business, [Power Source for Women](#), is dedicated to inspire, educate, coach, and mentor women to make a lifelong commitment to their health. Her vision for physical and mental well-being emerged from her own long-standing issues with weight, body image and her mother's battle with osteoarthritis and Alzheimer's disease. Determined to take control of her health, Sommers entered her first 5km walk race at the age of 59 and never looked back. Since then, she has completed 35 races including two 7 ½ hour marathons.

Sommers latest non-fiction book, **THE MAGIC OF WALKING: YOUR GUIDE TO A BALANCED, PURPOSEFUL LIFE**, was inspired by her experiences walking the famous el Camino de Santiago virtually during the current COVID-19 pandemic. The book focuses on walking for physical activity, mental and emotional clarity, spiritual strength, and lessons she learned along the way. This easy, step by step guide and memoir is for all ages: the novice, experienced and everyone in between.

Sommers is the co-author of two other successful books on women, health, fitness, and spirituality: **Power Source for Women: Proven Fitness Strategies, Tools, and Stories for Women 45+** and **Love Your Body...Embrace Your Life!**

A charismatic speaker, Sommers has delivered inspirational keynotes, seminars and workshops on women's fitness and health in Canada and the United States for numerous companies including lululemon athletica, Running Room and Lole. A highlight in her career was speaking at an International Women's Day event in Jaipur, India. Sommers has been featured on television, radio and in fitness and women's magazines, including the Globe and Mail, Canadian Running, LIVESTRONGFOUNDATION blog, and impowerage.com.



Coupled with her career in wellness, Sommers is also one of Canada's best-known authors and experts on marketing and media relations. She's written 4 successful books on the topic and has lectured extensively in universities and conferences across Canada. As founder of susan sommers + associates, she worked with high-profile clients like the Toronto Blue Jays and taught marketing and media relations' courses through the School for Continuing Studies, University of Toronto for over 20 years.

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