

**Nearly half of Americans (47%) were forced to delay or cancel their health care services since the pandemic started.**

According to a 2021 Harris Poll, the health of Americans is suffering in more ways than one. Less sleep, weight gain, depression, and stress are all aging us at accelerated rates. As a healthy living expert Judy Gaman advises us to,

**"Focus on the things you *can* control because your health depends on it!"**



Judy Gaman

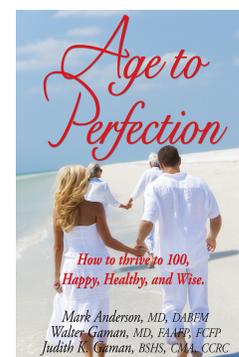
## Story Ideas

- 5 Tips to a Better Night's Sleep
- **Finding Peace on a Stressful Day**
- 6 Secrets to a Longer Life (Tips from the Centenarians)
- **Why Perspective Matters to Your Personal Longevity**
- 7 Foods that Help Relieve Stress
- **Is Your Screen Time Causing Premature Aging?**
- 5 Health Tests You Need and When to Get Them

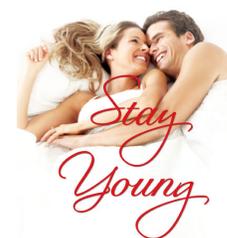
## Media Experience

- Hundreds of television and radio appearances
- Published articles in print and online magazines and blogs
- 2-Page feature in Epoch Times for award-winning and best-selling memoir *Love, Life, and Lucille*
- Multi-award winning author of 7 books
- Award-winning speaker and presenter
- Hosted nationally syndicated *Staying Young Radio Show* for a decade
- Host of the popular *Stay Young America!* podcast
- Go-to media expert for all health, wellness, and longevity topics

Judy has authored 7 books including:



**Age to Perfection:  
How to Thrive to 100,  
Happy, Healthy, and Wise**



10 Proven Steps to Ultimate Health

J. Mark Anderson, MD, DABFM  
Walter Gaman, MD, DABFM, FAAP  
Judith K. Gaman, BSHS, CCRC, CMA

**Stay Young:  
10 Proven Steps  
to Ultimate Health**

Based out of Dallas, TX and available in-person, virtually, or by phone.

### CONTACT:

Melanie Kross  
melaniepr@judygaman.com  
678-925-8019

Or

Judy Gaman  
Judy@JudyGaman.com  
817-706-5839