



[Andrea Metcalf to speak at Chicago Over 40 Females](#)

*Over 40 Females to host an event at The Crown at Tribune Tower to network and meet America's Fitness Celebrity Andrea Metcalf*

*Online PR News* "09-October-2013" Andrea Metcalf is one of the America's leading fitness experts, celebrity trainers, and fitness entrepreneurs. She is one of the most respected and in-demand fitness trainers, workout expert, public speaker, nutrition coach and all-around health and fitness guru. Andrea Metcalf has been featured in print, online and on television. She has created two television shows and hundreds of online TV video content in the healthy living space. A regular contributor for years on nationally syndicated Better TV and local NBC Chicago currently, she has been recognized as a leader in creating high quality, empowering, lifestyle content.

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Media extends to writing skills as a contributor to Oprah.com, Huffington Post and expert health blogger for Womensforum.com reaching over 40 million unique viewers per month. Her expertise is requested by many media outlets including USA Today, Fitness, Shape, Prevention, Wall Street Journal weekend with many more online outlets.

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With over a dozen appearances on the NBC TODAY Show and weekly appearances on NBC Chicago she has gained personal engagement with hundreds of people to lose the weight and change their lives forever. She has created many online classes including Five Habits That Are Making You Fat and Naked Fitness via [www.Fitstudio.com](http://www.Fitstudio.com) and Ruzuku.

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Her topic will be, The Power of Being Fit After 40

Andrea will discuss the value of fitness after the age of 40. You'll learn the benefits including bone health and cancer prevention inspiring you to become healthier, happier and find out what drives your heart.

Q&A to follow

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October 23rd from 6:00-8:00 pm  
The Crown - Howells & Hood 435 N Michigan Ave Chicago

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MUST RSVP here:

<https://www.over40females.com/event/chicago-il/chicago-chapter-downtown-power-being-fit-after-40>  
Over 40 Females hosts monthly networking events while providing a platform for every woman to stand up and be heard. Events are designed to help women over the age of 40 with personal and professional

networking, in order to enhance their lives and careers, while also affording them the opportunity to Connect, Encourage and Inspire.

Shannon Bednowicz, Greater Chicago Chapter Director for Over 40 Females can be reached at  
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## Media Information

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