

# S. PRESS

NUTRITION & WELLNESS CONSULTANT - SPEAKER - AUTHOR



**MEDIA KIT**  
**2014**

# WHO IS S. PRESS?

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Paving the way for a healthier tomorrow, coupled with teaching others to enjoy a wholesome and natural way of life, business owner, wife and mother of two, S. Press, is leading a movement to help people take their health and their lives to the next level on purpose, with purpose. She has a desire to help others and for many years she has motivated and influenced those whom she has come in contact with to make healthier life choices. Be it eating nutritiously, parenting the natural way or living green, she has encouraged many to live more wholesome and healthier lives. S. Press earned her business degree at the University of Georgia. After working for the government for a number of years and starting several successful businesses, she decided to shift her focus towards nutrition and wellness. This shift in focus resulted in the establishment of Press On Enterprise, Incorporated (POE). This company was designed to educate individuals and families on their journey to optimum health. In addition to this, she also serves as founder and director of Saved M.O.M., an organization that provides support to mothers and families as it relates to their spiritual, physical and mental health. S. Press currently operates as a Certified Nutrition & Wellness Consultant, Speaker, and Writer. She is using her platforms to provide key information that will assist individuals and families in making informed health choices, subsequently leading to better lives.



**NUTRITION &  
WELLNESS CONSULTANT**  
**SPEAKER**  
**AUTHOR**

# WHAT HAS SHE DONE?

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- Founded Saved M.O.M.: Summer 2008
- Owned & Operated An Angels Table: 2008-2009
- Board Member of the JBMS Foundation: Since Fall 2012
- Contributing Editor for the Pittman Park Newsletter: Fall & Spring 2012
- Co-Launched & Facilitated the Fit Factor Program: 2012-2013
- Launched the Timmy's Yummy Tummy Children's Book Series: Fall 2013
- Launched the Healthy Eating Movement Campaign: Fall 2013
- Launched the South Fulton Mini Farmer's Market: Spring 2014

# NUTRITION & WELLNESS CONSULTANT

Press is owner and operator of Press On Enterprise, Inc. (POE), a nutrition and wellness company. This company was created to assist and educate individuals as it relates to healthy living. Through her one-on-one coaching and group consulting, she offers a solution-focused approach to her clients, making them hold themselves accountable by eating a more nutrient dense diet and practicing healthier lifestyle choices. As a coach and consultant, she sees clients challenged by the day to day hindrances that keep them from living their healthiest life and offers tangible solutions to their obstacles. Her famous slogan, "Press Your Healthy Button", gives clients a daily reminder to make the right choices when selecting food. With personal consulting, a monthly detox program, health and wellness workshops and her audio CD, "4 Steps To A Healthier You", Press is giving her clients everything they need to reach optimal health.

**The Full Body Detox Program:** This is a personalized full body detox, designed to help cleanse the body of unwanted toxins and waste. During this program clients receive nutrition guidance, unlimited e-mail support, informative conference calls, access to a private Facebook group forum, a special guide to detoxing and nutritious recipes. Upon completion of this program clients should experience the following: increased energy, weight-loss, mental clarity, improved digestion and improved immune system function!

**Nutrition Consulting:** This service is one in which Press provides one-on-one and/or group consulting to address each client's specific wellness & nutrition needs. This program is tailored to help clients reach their personal goals, while educating each client to change his/her lifestyle to one better suited for optimum health. Press can assist with weight-loss, picky eaters, disease management and many other areas as it relates to nutrition and wellness.



PRESS ON ENTERPRISE, INC.  
*Let's Press Your*  
**HEALTHYBUTTON**

*4 Steps To A Healthier You*  
By: S. Press



## PRODUCTS

Press On Enterprise, Inc. offers several products to assist with maintaining a healthy lifestyle. They are listed below:

- ⇒ 4 Steps to A Healthier You Audio Workshop
- ⇒ Timmy's Yummy Tummy Children's Book Series & Aprons
- ⇒ Healthy Eating Movement Mugs & Totes
- ⇒ Better Health Refrigerator Magnets



# SPEAKER

- ⇒ **Getting Your Health In Order:** 4 Steps to Becoming a Healthier You
- ⇒ **Juicing 101:** Learn how to juice your way to better health
- ⇒ **Grocery Shopping 101:** Learn how to shop healthy and smart
- ⇒ **Cleansing 101:** ABC's of cleansing your way to better health
- ⇒ **Smoothies 101:** Learn how to make nutritious smoothies in no time
- ⇒ **Health Tips For Kids:** Educating kids on making healthier choices
- ⇒ **Teens Get Healthy:** Educating teenagers on making healthier choices
- ⇒ **Becoming A Healthier You:** Mind, Body & Spirit
- ⇒ **Eating For Life:** A guide to nutritious eating
- ⇒ **Fresh Produce Canning:** Preserving produce for later
- ⇒ **Kids In The Kitchen:** Teaching kids how to help in the kitchen
- ⇒ **Healthy Snacking:** How to snacking your way to better health

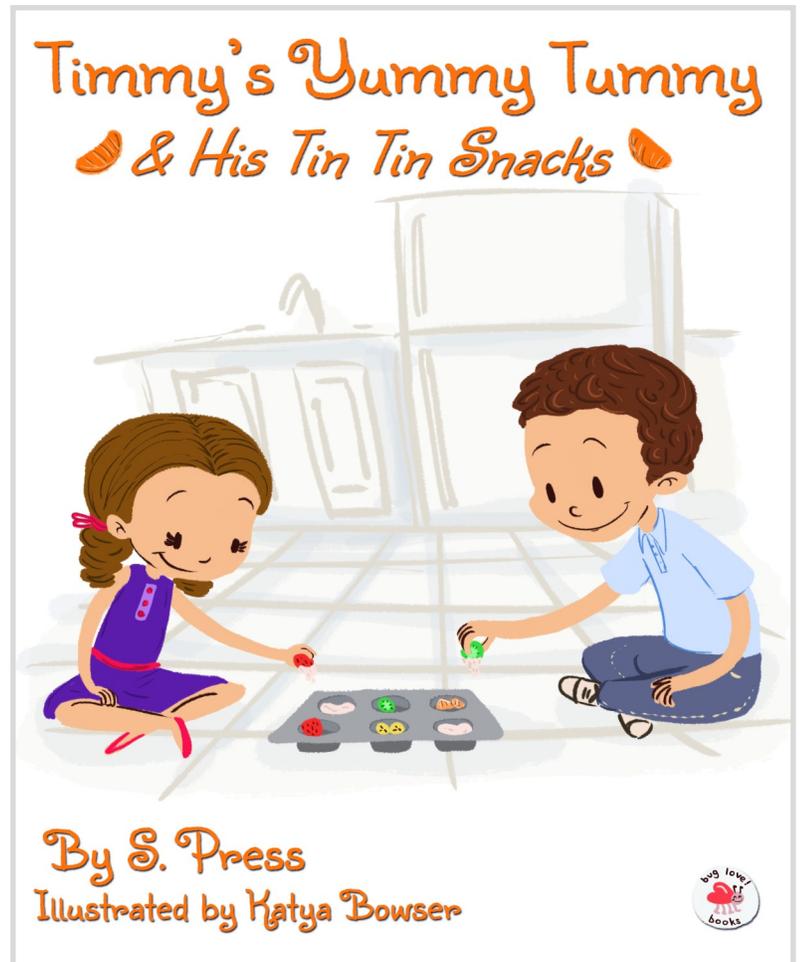


# AUTHOR

With her children's book series, Timmy's Yummy Tummy, Press is teaching children how to make healthy food choices. Parents can take their kids on a healthy eating adventure with Timmy and his sister Tiny! Her books are full of intriguing and exciting ways to get parents and children excited about healthy eating. In addition to teaching children how to make healthy eating choices, these books also introduce the early learning concepts of colors, numbers, shapes and basic math. She also has recipes in the back of each book as an added bonus!

S. Press was originally motivated to write this book series during her time as a childcare provider. She saw many parents struggle in the area of getting their children excited about healthy eating. Press decided to convey the fun things that she did with her two children in the kitchen through the Timmy's Yummy Tummy children's book series. She wrote the first book in just 2 hours! Since the release of her first book, S. Press has received an outpouring of positive feedback from parents. Many children have been requesting healthy food choices at home after reading the first book in the series. Due to her love for education, Press also includes the early learning concepts of shapes, numbers, colors and basic math in her book. She wanted to create the perfect balance of nutrition and academics for children everywhere. If you haven't already ordered these books, you're missing out on a special treat!!!

S. Press also conveys her message through blogs and other writing outlets. It is her desire to share this message with as many individuals as possible, both young and old.



# KUDOS TO S. PRESS!

It's clear S. Press has a deep passion for promoting healthy living. Her posts on practical solutions for living a less toxic lifestyle and achieving overall wellness has prompted many families to take a hard look at their current diet habits and nutritional lifestyles, and take steps to raise healthier families.

## **RONI SINGLETON JETER, PUBLISHER, MACARONI KID COLLEGE PARK-EAST POINT-MORROW**

As someone who is already very health conscious, I found your workshop not only empowering, but filled with so much practical information that I didn't know. I went home and immediately used some of your juicing tips for myself and family.

## **CINDY LUMPKIN, PRESIDENT AND FOUNDER OF TRIUMPH IN LIFE, INC.**

S. Press knew what questions to ask and what advice to give all while being genuine, concerned, and loving. I turned to S. Press to help me through breastfeeding and those first-time mommy jitters. She always has great advice and wise words to go along with that contagious smile, warm spirit and calming hug.

## **KATANIA FRETT, EDUCATOR**

S. Press has consulted my family and I on physical health, nutrition and natural beauty practices for several years. The advice she offers is always thorough and backed by research and personal experiences. Following her recommendations has led my family and I to experience a more vibrant and energized way of life. She knows the facts inside and out and her passion is to see families achieve optimal health.

## **KEOSHA THOMAS, WARDROBE CONSULTANT & BLOGGER**

My children love Timmy's Yummy Tummy and begged to make snacks in our tin tin. The kids at my daughter's daycare love it so much that they are ordering books for all the classrooms.

## **TIERRA RIED, OWNER OF THE RETAIL CAMPUS**

Our family really enjoys Timmy's Yummy Tummy. The tin tin snack recipes are fun to make, and my son especially likes helping to prepare them. He also enjoys reading the book to us. For parents of young readers, it's a great way to help them excel their reading skills as well as encourage healthy snack habits.

## **NICOLE J.**

I'm on Day 20 of your detox and I'm down exactly 19lbs. and I feel absolutely awesome. My mentality around food has completely shifted to the good.

## **MARK L.**

# CONTACT S. PRESS

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**WEB :** PRESSONENTERPRISE.COM

## SOCIAL MEDIA

### FACEBOOK :

[WWW.FACEBOOK.COM/SPRESSONLINE](http://WWW.FACEBOOK.COM/SPRESSONLINE)

[WWW.FACEBOOK.COM/TIMMYSYUMMYTUMMY](http://WWW.FACEBOOK.COM/TIMMYSYUMMYTUMMY)

### TWITTER :

[@SPRESSONLINE](https://twitter.com/SPRESSONLINE)

[@TEAMTYT](https://twitter.com/TEAMTYT)

### INSTAGRAM :

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### LINKEDIN:

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