

Kathleen Lesage of New Life Hiking Spa to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- We've spent decades searching for the formula to wellness in this hectic, complex, wired world we live. Kathleen LeSage has at least some of the answers for people to become healthier in mind, body, and soul.

Kathleen is an author, certified wellness coach and president of New Life Hiking Spa a breathtakingly beautiful wellness retreat located in Killington, Vermont. Last year, New Life was selected by Travel + Leisure Magazine as the number one destination spa in America. Kathleen is also author of the upcoming book entitled "God's Plan for Wellness," published by CrossLink Publishing.

"We have become recognized as the go to wellness retreat for people who desire a vacation that revitalizes their total well-being," says Kathleen. "By hiking in our scenic nature trails, consuming our delectable freshly made foods, and utilizing our therapeutic holistic massages services, our guests experience a total "jump start" both physically and mentally. I have used many of my experiences with New Life to write my forthcoming book."

Fifteen years ago, Kathleen's own personal life changing transformation began with her own self-awareness and inherent desire to help people. As an ambitious young woman working long, tedious hours in Washington, D.C., she found herself gaining a detrimental amount of weight. When by chance she met her future husband Jimmy, owner of New Life Hiking Spa, she was introduced to the miraculous advantages of hiking and eating healthy. Inspired by her own genuine growth, Kathleen pursued her certificate as a wellness coach and continued to grow New Life Hiking Spa to become one of the most well-known wellness retreats in North America. Her experiences and spiritual growth allowed her to write the book, "God's Plan for Wellness" due out on June 14th.

"The reality is people are becoming unhealthier, lonelier and more isolated sitting for hours in front of social media," says Kathleen. "My book focuses on getting back to nature, clearing our minds and heads, belonging to a church group and filling our bodies with natural foods just, as God intended."

In retrospect, Kathleen is eternally thankful how her past life experiences guided her on a journey to



unsurpassable happiness and contentment.

“So many people mistakenly equate being physically attractive with looking a certain way, when the truth is, God created us all different and uniquely beautiful,” says Kathleen. “Never compare yourself to an air brushed photo in a magazine. The first step in developing a healthy and well attitude is accepting yourself for who you are...God created you to be you!”

God's Plan for Wellness teaches that wellness isn't the result of a diet trend, the latest fitness gadget, or a new anti-wrinkle serum: God has it all planned out, intending for us to live healthy, vibrant lives!

“The health of your mind and body are wholly connected,” says Kathleen. “You can be physically fit and at an ideal

weight but every area of your life needs to be addressed. Our relationships with others, our working environment and most importantly, our relationship with God need to be focused on as well to experience true wellness.”

CUTV news will feature Kathleen LeSage in an interview with Doug Lewellyn February 9th at 10 a.m. EST.

Listen to the show on [BlogTalkRadio](#).

If you have any questions for our guest please call (347) 996-3389.

For more information on Kathleen LeSage please visit www.kathleenlesage.com

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