

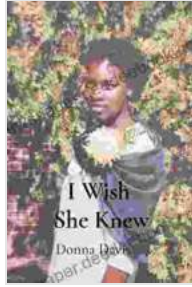
Wish She Knew: Sandra Van Thiel, Founder and CEO of Your Best Age



I Wish She Knew by Sandra van Thiel

★★★★★ 5 out of 5

Language : English
File size : 3976 KB
Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 112 pages



Sandra Van Thiel is the founder and CEO of Your Best Age, a leading online resource for women over 50. She is a certified health coach and personal trainer, and she has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and Forbes.

Sandra's mission is to help women over 50 live their best lives. She believes that aging is a natural process that should be celebrated, not feared. She is passionate about helping women to embrace their age and to live a life that is full of purpose, passion, and joy.

Sandra's journey to becoming a successful entrepreneur was not without its challenges. She was diagnosed with breast cancer in her early 40s, and she underwent a double mastectomy and chemotherapy. After her cancer treatment, she struggled to regain her strength and her sense of self. However, she eventually found her way back to health and happiness, and she is now using her experience to help other women who are facing similar challenges.

In this interview, Sandra shares her inspiring story of overcoming adversity and building a successful business. She also offers her insights on aging, health, wellness, and living a life that is full of purpose and passion.

Q: What was your inspiration for starting Your Best Age?

A: I started Your Best Age because I wanted to create a resource for women over 50 who were looking for information and support on how to live their best lives. I believe that aging is a natural process that should be celebrated, not feared. I want to help women to embrace their age and to live a life that is full of purpose, passion, and joy.

Q: What are some of the biggest challenges you have faced as an entrepreneur?

A: One of the biggest challenges I have faced as an entrepreneur is the fact that I am a woman over 50. I have often been underestimated or dismissed because of my age. However, I have used this as motivation to prove that age is just a number. I am passionate about helping women to overcome the challenges they face as they age, and I am committed to making a difference in the world.

Q: What are your top tips for women over 50 who are looking to live their best lives?

A: My top tips for women over 50 who are looking to live their best lives are:

1. Embrace your age. Aging is a natural process that should be celebrated, not feared. Embrace your age and all the wisdom and experience that comes with it.
2. Take care of your health. Your health is your most important asset. Make sure to eat a healthy diet, get regular exercise, and get enough sleep.

3. Follow your passions. Do what you love and what makes you happy. Don't be afraid to try new things and to step outside of your comfort zone.
4. Connect with others. Surround yourself with positive people who support you and encourage you to reach your goals.
5. Never give up. No matter what challenges you face in life, never give up on your dreams. Believe in yourself and your ability to achieve anything you set your mind to.

Q: What are your plans for the future?

A: I am excited about the future of Your Best Age. I plan to continue to grow the website and to offer more resources and support to women over 50. I am also working on a book that will share my story and my tips for living your best life after 50.

Q: What is your message to women over 50?

A: My message to women over 50 is that it is never too late to live your best life. Embrace your age, take care of your health, follow your passions, connect with others, and never give up on your dreams. You are capable of achieving anything you set your mind to.

Thank you, Sandra, for sharing your inspiring story. You are an inspiration to women everywhere, and we wish you all the best in the future.

To learn more about Sandra and Your Best Age, please visit her website at www.yourbestage.com.

About Sandra Van Thiel

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