

Still an Inspiration at 93

Ieda Herman has been profiled in local healthcare magazine and the subject of a stroke awareness and survival video.

She is committed to sharing her story and encouraging others to be aware of stroke symptoms and seek treatment quickly. Ieda suffered a stroke in November 2016. Thanks to quick recognition and treatment, she was fully recovered in six days. To prove her full recovery, Ieda had a video of her jumping rope filmed for her Facebook page - so all concerned friends and family would see she was back to her active state, full of vitality.

She shares this unique and inspiring story as part of the Viking Vitality session.



Aging with vitality: Secrets of enjoying life to the fullest at any age. Based on the upcoming book "Vitality of a Viking: 10 Secrets for a Century of Happy Living from a Nonagenarian Who Knows" by Heidi Herman.

Call (309) 202-7698 now to schedule!

These two dynamic speakers deliver a motivational and inspiring presentation for clubs, organizations, or special programs at festivals. Keynote, book signings, and customized programs.

www.vikingamma.com

www.heidihermanauthor.com

Contact: Heidi Herman

(309) 202-7698

Program fee \$500 plus travel



Viking Vitality:
Insight to a Happy Life

Motivational Speakers

Still an Inspiration at 93

Heidi Herman and her mother, Ieda Jónasdóttir Herman are a dynamic and entertaining team.

Heidi chose early retirement from a successful career in telecommunications to pursue the life-long dream of becoming a writer. She has published five books, and is a speaker and consultant pursuing a life of adventure.

Ieda has lived a life with the mindset of an Icelander true to the Scandinavian heritage- living a vital and active life into her 90's. After raising 10 children and being a successful business owner she now indulges in paragliding, zip-lining,



Heidi (49) and Ieda (92) return to their beloved Iceland each year. They find the surreal landscape and culture both inspiring and rejuvenating. They spend time exploring, hiking, visiting family and promoting their books.

The Purpose

This mother and daughter team are dynamic, informative, and motivational speakers. Combined, they have authored eight books with three more due out this year. Spanning genres from Children's books to Young Adult adventure and even a cookbook, all their works share the common thread of Icelandic heritage, history and culture.

While they each work on new writings, they travel and find adventure. Whether paragliding in Iceland, hiking throughout national parks, exploring historical areas, or even target shooting, they seek to fill each day with happiness.

Ieda is constantly asked how she does it - where the energy and curiosity comes from. Especially after having a stroke, Ieda's continued vitality and zest for life is an inspiration. While she believes attitude has much to do with it, she admits there are several important elements to a happy life. Heidi conveys this positive outlook and works to promote the message through books and public interaction.

They share their outlook on life through motivating stories and inspire audiences to find happiness in life and live each day to the fullest.

The Presentation

Live life with a "Viking Vitality". Learn the secrets of outlook and action that can help you create happiness and vitality in your life whether you're 50 or 90.

Creating an Attitude of Happiness - What is it and how do you get it?

Keeping It Moving - Harness the power of kinetics to improve energy and happiness. It's not just about exercise!

Keeping Your Mind In the Game - Learn what skills can actually improve with age

Keeping It Real - Understanding yourself and your passions. How to find meaning when faced with "empty nest" and retirement.

Just Say Yes - How to create a life open to adventure and new experiences.

The 60-minute presentation can inspire any age to improve their happiness and vitality, but is especially relevant to the 50+ crowd. The session is perfect for community organizations, retirement communities, women's clubs, or groups seeking motivational speakers.

Viking Vitality

Motivation and Inspiration for a long and happy life