

# CYNDI RECKER

*Small Steps = Big Impact*  
*Author, Blogger, Speaker, Problem Solver*

## BIO



Cyndi, a satellite systems engineer by trade, works with the latest technology to give her customers the most advanced in-air connected experiences. She breaks down big challenges into more achievable parts, resulting in innovative solutions.

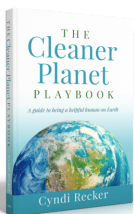
When not engineering satellite solutions, Cyndi campaigns for healthier personal lifestyles and more sustainable environmental practices. She is the author of *The Cleaner Planet Playbook*, a certified Group Fitness Instructor, and a Health Coach who loves to motivate and support others on their journey to health.

Cyndi's goal is to improve people's lives by teaching them sustainable practices that benefit both their health and the environment. *The Cleaner Planet Playbook* helps you take small steps that create big impact.

## Signature Topics

- Quick actions you can take today for your health and the environment
- Food and movement as medicine
- Problem solving approaches including 40 words
- Small steps and continuous improvement

## Connect With Cyndi



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