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Local authors choose National Nutrition Month to launch new book connecting the links between financial and physical health

Scottsdale, Ariz., Feb. 16, 2016 – With a focus on providing 360-degree wealth planning that encourages better health, husband-and-wife team Greg Lane, CPA, CFP®, CHRIS® and Lisa Lane, CSA, CCWS®, RDN have chosen March 2016, [National Nutrition Month](#), to launch their new book, *21 Days to Wealth, Well-Being, and Abundance Now!*

The couple has chosen National Nutrition Month as the kickoff because it reflects the principles on which WellFit Financial is based, highlighting the impact physical wellness has on one's financial health.

National Nutrition Month is an annual education/information campaign sponsored by the Academy of Nutrition and Dietetics (Lisa Lane is a credentialed member) and designed to emphasize the importance of making informed food choices and developing sound eating and physical activity habits.

While focusing on wealth planning, the couple's inclusive approach emphasizes the importance of health in one's physical body, finances and every other aspect of life. "For many years now, we've personally experienced the positive effects of integrating sound financial management and healthy habits into our everyday lives. Our goal is to use our experience, insights and money management tools to help like-minded clients achieve wealth, well-being and abundance," explains Greg Lane.

Greg's role at WellFit Financial includes analysis, financial planning, asset management and investment planning; tax strategies; insurance and education planning; financial education including live webcasting; second opinions; brokerage; and professional network relationships.

Under Greg's oversight, Lisa, a Certified Senior Advisor and Registered Dietitian Nutritionist, prepares required forms and other documents for client accounts and transactions; assists clients in reviewing their accounts; produces reports; evaluates mutual funds and Exchange Traded Funds for possible inclusion in clients' portfolios; executes buys and sells for clients' accounts; and facilitates client contact.

People interested in learning more are invited to attend the Lanes' book launch, to be held from noon to 1:30 p.m. on Saturday, March 5, 2016, at [Altitude Coffee Lab](#), 8320 N. Hayden Road, #107, Scottsdale AZ. Altitude Coffee Lab is an artisan café/roastery that's raising the standards for coffee wherever their delicious blends are being served.

Further details are available at the WellFit website: WellFitFinancial.com

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- book cover for *21 Days to Wealth, Well-Being, and Abundance Now!*
- Table of Contents for *21 Days to Wealth, Well-Being, and Abundance Now!*
- Headshot, Greg & Lisa Lane
- Logos, WellFit Financial and WellFit Wisdom