

## Well+Good Featured on With Whit Podcast



38 min

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### Well+Good's Kate Spies On Attainable Wellness Practices

With Whit

Parenting

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My thirties have become all about wellness and taking care of myself. I have made myself a priority and it feels so good. I am actually witnessing improvement in my mental health. Katie Spies and I continued the conversation on the importance of wellness and self-care. Kate is the Senior Vice President and General Manager of Well+Good. We discussed attainable wellness practices including meditation and mindful eating. As well as the reality that not all practices come easy to everyone. PLUS she teaches me a technique for how to make time to sit and dream.

Kate joined Well+Good in 2018 to lead the content and growth teams. In her tenure, Well+Good's audience has more than doubled and the brand has transformed into a multi-channel powerhouse in the fitness & wellness sector, building on its tradition of trend-forward, journalistic reporting. She also launched Well+Good's video operation, scaling it to millions of monthly views.

To listen to the podcast, visit: <https://podcasts.apple.com/us/podcast/well-goods-kate-spies-on-attainable-wellness-practices/id1462706458?i=1000517863854>