

HEIKE YATES

Pilates + Fasting + Mindset Coach



ABOUT HEIKE

Heike Yates is a powerhouse in fitness, nutrition, and mindset with over 35 years of expertise.

She breaks down the complexities of midlife wellness into simple, actionable steps you can start taking today. But don't mistake her for someone helping you get by in midlife—Heike's all about helping you thrive.

She's transforming not just bodies but lives with her unique approach to getting active, eating right, and boosting energy.

When she's not coaching or behind the mic, catch her outdoors, pushing her limits as a triathlete or embarking on a new adventure.



STATS

80k

podcast downloads


12K


email list and social media followers

INTERVIEW TOPICS

CONNECT

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- "Your health is your wealth." Staying active and healthy is more than just physical.
- Power Up Your Energy & Strength with Pilates & Intermittent Fasting
- Age is just a number, and how to get unstuck.
- Stop the empty-nest syndrome and re-imagine your life.
- How to break Free from Limitations and Thrive After 50