

# New Podcast for Women; Tackling Sex, Aging, Relationships, Dating and MORE

*Lifestyle influencer launches brand movement to educate, entertain and inspire women 40+*

ATLANTA, GEORGIA, USA, March 27, 2023

/EINPresswire.com/ -- Stella J. Ringer embraces Women's History Month as the perfect time to reimagine and revise what the future of womanhood can, and should, be with an empowered and zealous approach to aging.

Yes, zealous. Strong. Healthy. Sexy. Powerful. That's exactly what women have been across the ages if you examine herstory accurately. And lifestyle influencer Ringer wants to ensure women across the world remember and exemplify that at every age.

Ringer has launched "Zeal, Aging Redefined," a new podcast and brand movement designed to ignite a drive within women to live boldly. She's the host of the podcast that's available now on Spotify, iHeart Media, Podchaser, BoomPlay and Player FM. "My mission is to invite women 40+ to join me on the journey, serve as their Chief of Aging Fabulous and change the mindset of aging around the world!" says Ringer.

Ringer, a corporate executive and lifestyle influencer, is encouraging women to experience aging confidently with sass, class and kick-ass positivity. "We often hear people say '40 is the new 20', or '60 is the new 40', and it is," says Ringer. "Women are living longer and paying attention to their bodies, health and mindsets. We don't have to dread each birthday that comes, but capture it with dignity and poise, and this podcast shows us how to do it in a fun, entertaining style that promotes a sense of community among women globally," she adds.

So nothing is off the table. Nothing. Menopause, fulfilling sex lives, the importance of movement, mental health, skincare. Zeal explores every facet of phenomenal, vigorous maturation so women across the globe are equipped to be live fearlessly in every decade of their life.



Aging, Redefined

"I'm launching Zeal, Aging Redefined with a different approach to the passage of aging, to demystify the stigma and redefine the narrative," says Ringer. The podcast attracts Baby Boomers, Gen Xers and 'seasoned' Millennials.

To learn more, visit <http://www.livingredefined.me/>. To schedule an interview with [Stella Ringer](#), contact Tenisha Tidwell, [Tenisha@PerfectPitchMediaGroup.com](mailto:Tenisha@PerfectPitchMediaGroup.com).

ZEAL, Aging Redefined podcasts available on:

• Spotify:

<https://open.spotify.com/show/3DmGMigKYgQisT3e9kge8l>

• iHeart Media:

<https://iheart.com/podcast/110905777>

• Podchaser:

<https://www.podchaser.com/podcasts/zeal-aging-redefined-the-podca-5217212>

• BoomPlay: <https://www.boomplaymusic.com/podcasts/59266>

• Player FM: <https://player.fm/series/3458500>

EPISODES:

“

I am inviting women 40+ to join me on the journey, serve as their Chief of Aging Fabulous and change the mindset of aging around the world.”

*Stella Ringer, Chief of Aging Fabulous*

\*Better Sex, Better Life!

\*Skin Deep – The Skinny on Skincare as we Age

\*Putting “You” back in your Life – Mind .Set .Go!

\*Old School vs New School – Dating and Relationships

\*Do What You Want When You Want – Never Too Late!

\*Aging – OWN IT!

\*Aging – No Pressure!

ABOUT ZEAL, AGING REDEFINED

Zeal is a newly launched media platform with a “A Story For

The Ages”, rewriting the aging narrative - sharing stories that aren't being told around the truths of women aging. This new narrative will be fun, celebratory, freeing and of course zealous. The content lineup consists of a myriad of important stories, topics and conversations surrounding mental health, physical wellness to beauty & fashion and more. Click [HERE](#) for more.

Tenisha Taylor



The graphic features the Zeal logo at the top left, with the tagline 'AGING REDEFINED'. To the right is a photo of Stella Ringer in a pink top. Below the logo is the text: 'New Podcast Inspiring Women 40+ to age with Boldness, Confidence and Kick-ass Positivity!'. The middle section contains three photos: Stella Ringer on a couch, her in a gym, and her in a yellow top. Below these is a red banner with the text: 'Sex. Relationships. Dating. Aging. Skincare. Mental wellness. Health.' Underneath is a 'Download today on:' section with logos for Spotify, iHeart Media, Podchaser, Boomplay, and Player FM. At the bottom, there is a yellow bar with social media links: 'www.LivingRedefined.me @Zeal\_agingredefined Zeal: Aging Redefined'. The text 'Zeal; Aging, Redefined' is at the very bottom.

Perfect Pitch Media Group

+1 6784294254

[email us here](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/624522154>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.