

Joe Kasper, M.S.

Keynote Speaker – Author – Change Agent





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P'RESIDENT, FIRE YOUR DIET™ INC.

In today's fast-paced world, everyone claims that health is important. But so many of us make the wrong choices. Are you ready to learn how to live in real health from America's #1 Health Coach, Joe Kasper, M.S.?

Renowned as one of the nation's top health experts and motivational speakers, Joe has proven over the years that his philosophy changes people's lives to be truly healthy and effective.

His book, *The 22-Minute Workout*, lays out his incredible Slow, Effective, Exercise, Movement (S.E.E.M.) system, which has received rave reviews from leading health experts such as Dr. Barry Sears, author of *The Zone Diet* and Dr. Wayne Wescott, the YMCA's chief exercise researcher.

As a keynote speaker, Joe's high-energy reputation precedes him on the international circuit. The media often seeks his expertise on health, motivation, and entrepreneurship. He consults with corporations, governments, institutions, and individuals worldwide.

Joe serves as President and CEO of Fire Your Diet™ inc., and has put together perhaps the most comprehensive health coaching team in the world today.

No matter where his clients live, or what their past experience with exercise and health has been, Joe's clients consistently see their health and lives changed with his help and expertise. His clientele have ranged in age from four to ninety-two.

Joe's training and experience is extensive: he holds a Bachelor of Science in Exercise Physiology from Cortland State, NY; a Master's Degree in Physical Education with a specialty in Exercise Science from Radford University, VA; and a Second Masters Degree in Education and Health, Radford University, VA. He has had doctoral training at three schools, specializing in Human Performance at Capella University in Minneapolis, MN, specializing in Aquatic Therapy at Middle Tennessee State University, and specializing in Holistic Nutrition at the Clayton College of Natural Health in Birmingham, Alabama. He has also had post-graduate training in Special Populations at the University of Wisconsin.

PRESENTATIONS

Your Great Steps to Health
Fire Your Diet, Already
Fire Up Your Health
Give Me 22 Minutes, I'll Give You Your Health

The Health - Wealth Connection: Without Your Health, You're Dead Broke

SPEAKING EXPERIENCE

One of the world's foremost experts in health, motivation, and positive change, Joe Kasper has spoken at a wide range of venues comprised of audiences of 100 to over 2,000.

He has gained popularity through his passion, enthusiasm, and commitment to improve the health and motivation of everyone he meets.

During his years as a public speaker, Joe has appeared at countless high-profile events such as Donald Trump's Wealth Expo in New York, the New Life Health Expo, Whole Life Health Expo, More Heart Than Talent Engagements in Los Angeles and Dallas, Brian Klemmer's success camps, Success Mastery in Arizona, Miami, and Las Vegas, Success Mania in Atlanta, AARP in New York, and numerous others.

SPEAKING AND PRESENTATION STYLE

Joe Kasper delivers educational and informative presentations that offer practical, hands-on advice that audience members can put to immediate use. His passion is his gift, and entralls listeners, and motivates them to achieve both great health and personal greatness on a daily basis.

CURRENT FEE SCHEDULE

Fees are negotiated dependent on presentation time, audience, for-profit/non-profit status and other criteria. Please call or e-mail to discuss your needs.

WORKSHOPS/SEMINARS*

Half-day and full-day seminars are also available. Please contact Joe for details.

ARE YOU TIRED OF LIVING SHORTER AND DYING LONGER?

Joe Kasper takes his 20+ years of experience in one of the nation's most misinformed markets (health) and shows how successful you can be! He gives people the tools to approach any confrontation from a position of strength, improving our chances of acquiring the great health that we so richly deserve. In his presentations, Joe focuses on dropping the drama and having your take control of your life. His winning strategies also apply to other areas of life such as finance and family connections – people can see movement and success in areas that they have been stuck for years.

RECEPTIONS, INTERVIEWS, ETC.

Joe Kasper will visit with audience members at pre- or post-event receptions, sign a limited number of autographs, and participate in media interviews, etc.

EXPENSES

Hotels should be guaranteed for late arrival and billed directly to your organization
Auto mileage is calculated at \$.45 per mile
Ask about a flat-rate, expenses included option

Note: To minimize your costs, we will pro-rate airfare expenses if your event occurs on the same travel itinerary as other meetings at which Joe Kasper is scheduled.

RECORDING FEES

Electronic recording of the program in audio or video is available for an additional fee, negotiated separately. Duplication rights are also negotiable. All recordings must be approved for distribution.

AUDIO-VISUAL REQUIREMENTS

PC-compatible projector and video screen.

TRAVEL ORIGIN

Mr. Kasper travels from New York City.

VIDEO CLIPS

Video clips of Mr. Kasper's presentations are available upon request.

DISCOUNTS

Select educational and non-profit organizations may be eligible for discounted pricing. Please inquire if you believe your organization qualifies.

Multiple engagements with one client will receive reduced fee consideration.

AIRFARE REQUIREMENT

Mr. Kasper typically travels First Class.

MENTORING PROGRAM

For special consideration, Joe Kasper, M.S., offers personal mentoring programs for select participants. These one-on-one sessions use a variety of proven techniques to help individuals identify personal

VENUES

Joe Kasper's high-powered speaking style and unparalleled expertise in health makes him the perfect inspirational keynote for your next:

- Business function
- Training conference
- Trade show
- Association convention
- Award banquet
- President's club meeting
- Sales Rally
- Multiple speaker event

strengths and opportunities for growth as a health professional. Mr. Kasper then provides guidance in planning and goal setting. During the course of the program, he works with the individual to create an action plan with specific, measurable and attainable results (business/health). Mr. Kasper and the client track both progress achieved and obstacles encountered in executing this plan; together, they use these lessons to make plan adjustments and to keep the individual on track to realizing his or her goals.

The Mentoring Program is tailored to each participant's specific requirements, and length of program varies accordingly, however the program requires a minimum commitment of 10 hours.

ABOUT JOE KASPER

Joe Kasper, M.S., is the CEO of Fire Your Diet™, a Master Health Coach, Exercise Therapist, and dynamic Motivational and Keynote Speaker with over 20 years experience training and motivating people to the health and body they deserve!

He is the creator of the 22-Minute Workout, or S.E.E.M. (Slow Effective Exercise Movement) system, and the radical new Fire Your Diet Food Pyramid.

Joe takes his high-energy training to events, companies, schools, and community centers throughout the country, has a semi-annual Health-throughs weekend, and coaches personal clients by phone and in person. One of his most important topics is the hand-in-hand relationship between health and wealth.

His background and training include:

- Creator of the 22-Minute Workout, or S.E.E.M. system
- Creator of the Fire Your Diet™ Food Pyramid
- Co-founder and former partner of A Step to Health—an integrative practice in North Carolina
- Bachelor of Science in Exercise Physiology Cortland State, NY
- Master's Degree in Physical Education with a specialty in Exercise Science, Radford University, VA
- Second Masters Degree in Education and Health, Radford University, VA
- Doctoral Training specializing in Human Performance, Capella University, Minneapolis, Minnesota
- Doctoral Training specializing in Aquatic Therapy, Middle Tennessee State University
- Doctoral Training specializing in Holistic Nutrition, Clayton College of Natural Health, Birmingham, Alabama
- Post-Graduate Training in Special Populations, University of Wisconsin
- Former professional baseball player
- Approximately 100 published articles, studies, professional opinion statements, and dissertation presentations dealing with the fields of exercise, health, fitness, weight management, rehabilitation, and physical conditioning.

Take advantage of a great opportunity by having Joe Kasper speak at your event, company, school, or community center.

To schedule a workshop, contact....

WHAT PEOPLE ARE SAYING ABOUT JOE KASPER

“Joe's knowledge as an exercise physiologist is well documented. His dedication and energy to change people to be healthy is priceless.”

Dr. Wayne Wescott, PhD. Exercise Physiologist, researcher for youth and senior strength training,
Boston, MA

“Joe Kasper IS America's #1 Health Coach!”

John DiLemme
Success Coach, Speaker,
and Multimillionaire

“As a Major League Baseball Player, I have tried many training methods. Joe Kasper's S.E.E.M. exercise system is by far the best that I have used.”

Frank Menechino, Infielder
Toronto Blue Jays
(Batted .301 in 2004)

“Joe Kasper holds the key to long term health for countless Americans. He incorporates exercise, nutrition, and the development of a new mindset into achieving physical and mental life-changing results for clients. The science behind his work is solid, but he makes it so simple for his clients to apply it to real life. Most importantly, he gets results for the people who are looking to change their bodies and self-image.

If you are looking for positive results, you deserve to have Joe Kasper by your side.”

Francisco DeLaCruz, M.D.
Harvard-trained Physician
President, Diamond Destination, Inc.

“Joe,

I wanted to write you a quick note letting you know what a difference you, SEEM and your health coaching have made in the lives of both me and my husband. You are an INCREDIBLE person. You are very caring about your clients, sensitive to their needs, know what they need to do to get healthy and OVERDELIVER every week.

In the 2 months we have been working together, I have lost over 3 DRESS SIZES! Clothes that were in the back of my closet that I wanted to wear "someday" are now TOO BIG. I am incredibly impressed with your professionalism. I was certain that I wanted a female health coach - I felt they would be more

able to understand the health issues and weight issues I am going through, however, I am confident that there is no better team for me to be associated with than YOU & the FIRE YOUR DIET team!!

As you know I was concerned about the "Garden of Eating" Cookbook - I did not think it would not be user friendly---- however, the book is awesome and Chef Rachel has been great at adapting food recommendations that give amazing variety and work with MY SCHEDULE (which is really hectic - I am on the road a lot).

Each member of the team has been incredible for improving my health. That was the biggest issue! Although I wanted to lose weight, I also wanted gain my health back. I needed to reduce stress in my life and figure out what to do with my hormones. I am incredibly blessed to have found all of them with you and fire your diet!

This past weekend we were doing a lot of work around the house and at the end of the day my husband asked me how my back felt (I have had a bad back since a serious automobile accident many years ago). He was surprised when I told him I did not have ANY PAIN WHAT-SO-EVER. The SEEM workout is AMAZING - not only am I getting stronger, my skin is "tightening up", and my back pain is virtually gone!!

So I now have a smaller body, a lighter outlook, a stronger back, less stress, more variety in the foods I eat and a better understanding of how my body works. AND the #1 Health coach in the country to talk with on a weekly basis!!!

I would recommend www.fireyourdiet.com to anyone serious about improving their health.

Thanks for everything Joe!! ”

Jean Faber
Verndale, MN