

Andy Core, M.S.

National Keynote Speaker on Health & Work-Life Balance

8 Word Bio

Andy provides high energy self help that works!

75 Word Bio

Andy Core has a master's degree in the science of human performance and has spent the last 17 years mastering what it takes to become energized, healthy, motivated and better equipped to thrive in today's hectic society. Core has contributed to improving the overall health of some of America's most successful companies as well as some of our most unhealthy communities. He is a high-energy, humorous individual who tackles a serious topic and gets results.

210 Word Bio

Andy Core's primary focus is understanding "why do we not change when we know it is the right thing to do?" Specifically, he addresses how to overcome the barriers sabotaging your motivation to living healthier and achieving better work-life balance.

Core has a master's degree in the science of human performance and performed research and understands how men and women respond to stress, stress testing, and what it takes to change your health behaviors for the better.

Over the last 17 years, Core has contributed to improving the overall health of some of America's most successful companies as well as some of our most unhealthy communities. Specifically, he has field tested his concepts working directly with hundreds of top performers within Gillette, Coldwell Banker, Intel, Ernst & Young, Clorox, Tyson Foods, and Newell Rubbermaid, as well as leading healthcare organizations, associations and government agencies. His success rate at helping people go from "knowing they need to live a healthier and more balanced life" to actually living it is 13X the national average.

Combing the high energy style of a stand up comic, stories from his experience a successful wellness consultant, and the latest research, Core will ignite your motivation and show you how to execute a better way of life.

Recent Awards & Acclaim

- Co-host of the PBS affiliate television show "Fighting Fat"
- Winner of Arkansas' 2005 Outstanding Individual Leadership in Fitness Award
- Voted one of Arkansas' top 40 business and political leaders under 40
- Columnist for Professional Performance, The Business Owner, Get Outdoors!, and RxDDS magazines
- President of the National Speakers Association Health and Wellness Expert Group and Oklahoma Chapter

For information on booking Andy:

800.605.8480 toll free

479.582.2639

479.582.2635 fax

andy@andycore.com

www.andycore.com