

Andy Core has been called a high content speaker, an entertainer, and many things he cannot repeat in public (pause 1 second).

But whatever you call him, know that he has dedicated his life to helping you gain more mental and physical energy, overcome your limits, and become more innovative than you ever thought possible.

He has conducted research and understands how women and men respond to stress, maximal stress testing, dietary habits, and how to detach yourself from the couch.

Andy is a healthy lifestyle realist who specializes in helping busy people go from knowing what to do to actually doing it. His success rate...(pause) 13 times the national average.

Please welcome Mr. Andy Core.

*If you need to reach Andy for any reason please call o:479-582-2639, c:479-871-5810 or email: andy@andycore.com