

**Western Region Child Welfare Institute 2007
Good Health, Good Work
Presenter Information**

Aspen Grove, UT
April 25 and 26, 2007



Andy Core

Andy has a master's degree in the science of human performance and has spent the last 16 years mastering the art of being healthy, energized, and better equipped to thrive in today's hectic society. 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.

Combining his experience as a human performance researcher with his stories as a successful consultant, Andy delivers what it takes to ignite your motivation, accomplish more, live healthy, and still have a life.

Andy's success rate at helping people go from "knowing they need to live a healthy life" to actually living and capitalizing on it is thirteen times the national average.

Real Science. Real Successes. Really FUN!

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!, Exhibit City News, and RxDDS magazines
- President of the National Speakers Association Health and Wellness Expert Group Oklahoma Chapter

Andy says:

"I know what the problem is. You don't have time to attend this program. You are trying to "do more with less" at work, keep your significant other happy, and still have time for yourself. And that is exactly why you should attend. In this program you will receive:

- 47 actionable ideas in a single hour that will end with a 24 hour step-by-step blueprint to winning the "more with less" challenge.*
- A laugh every 37 seconds.*
- 5 Core Principles for running 90mph with your hair on fire and living healthy.*
- 1 Core Truth. You can increase your capacity to be better at work and home in 24 hours or less."*

