

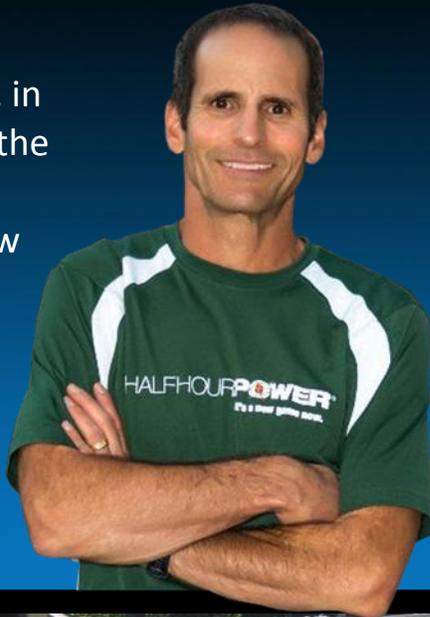
Keynote Speaker
Fitness Expert | Author

HOWARD WALDSTREICHER

You sit at a desk, at meetings, on airplanes, in your car. But what are the dangers of sitting too much? Is sitting the new smoking?

IS YOUR JOB KILLING YOU?

*Sitting is the illness...
movement is the cure!*



Bring Howard to your company to help your staff learn about reversing the effects of sitting, with his most requested Keynote Presentation...

THE DANGERS OF SITTING TOO MUCH... FROM PAIN TO PERFORMANCE.

Meetings. Reports. Timelines. Deadlines. Phone calls! You've got enough pain and pressure in your life. Don't add to the pain by sitting all day. Let Howard show you how to reverse the effects of corporate life with movement and exercise that anyone can fit into a packed schedule.

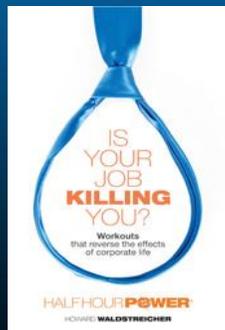


Covered by many national media venues Howard has also spoken to packed stadiums, trained some of the top athletes in the world, and now he is offering the same expertise to motivate and increase the health of your employees, the end result: healthy employees are more productive and strive for success!

HIS BESTSELLING BOOK IS YOUR JOB KILLING YOU?

Workouts that Reverse the Effects of Corporate Life

Now busy working men and women of all ages and all athletic abilities can learn the movement secrets Howard has developed to cure the illness caused by too much sitting.



I was delighted to see that your presence didn't end when you finished your talk. The time you spent afterwards with our team answering their questions and showing them individual exercises was so meaningful to them.

US Bank

Howard is an informative, entertaining, and highly motivating voice in the exercise world. Every day that I use his techniques is a day I feel better, with more energy, less back pain, and more pleasure in everyday activities!

1000's of happy clients

Stand up & book Howard today! **720-985-8892**

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