



*Fred Schafer*

STRIKING BACK AT MEDIOCRITY

*Perform Better. Live Stronger. Dream Bigger*

Our speaker today comes to us from California. The reason we have him here is because of his unique background as a leader in business, healthcare, public education, fitness therapy and high performance lifestyle coaching.

For the past 35 years he has studied the topics of high performance, success and health and wellness. In 1995 he established “Fit Food Dude’s Human Performance and Health Institute” which has helped thousands of people across America to perform better, live stronger and dream bigger.

His education includes a Bachelors Degree in Food & Nutrition and a Masters Degree in Wellness Promotion and Health Services.

He is also a Certified Fitness Trainer, a former advertising model for a turkey company (Not as a turkey!) and has been nationally recognized for best business marketing and employee recruiting and retention practices. He is best known, however, as a high performance speaker, having presented at hundreds of events in 48 states since 2002. Speaking today on “\_\_\_\_\_!”

Please help me welcome.....**Fred Schafer!!!!**