

balance achieved.



# Bruce Krahn CPT

## Professional Health Speaker

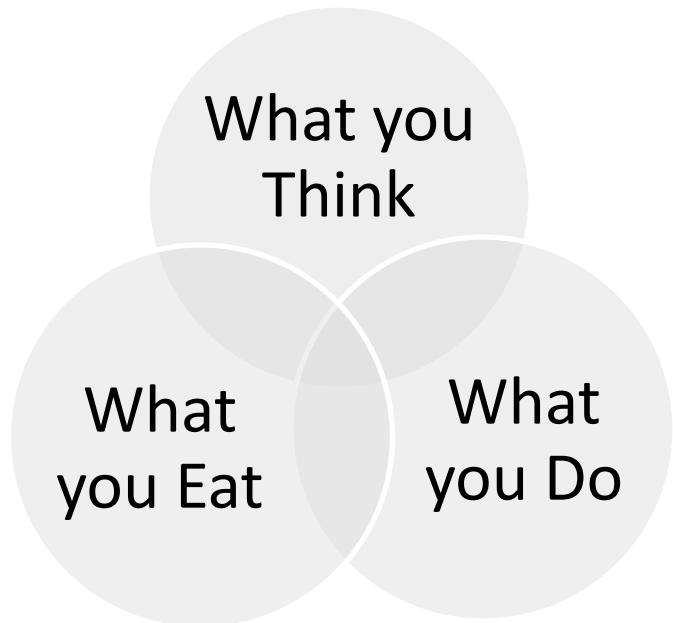


Good Health is Good Business  
*Find out why!*

Book Bruce for your next keynote program, convention, meeting, wellness event, leadership program, retreat or just as a thank you program for your people

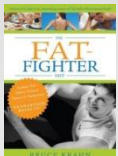
*Strong like Krahn*

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[www.brucekrahn.com](http://www.brucekrahn.com)  
[www.healthspeaker.ca](http://www.healthspeaker.ca)  
Best Selling author,  
"The Fat Fighter Diet"



**= the secret to a well balanced life**

**Professional Health Speaker/Best Selling Author/Celebrity Personal Trainer**





balance achieved.

# Bruce Krahn CPT

## Professional Health Speaker

**“The speaker who will educate, entertain and provoke your team to health and success!”**

Bruce's shares the lessons he has learned over 20 years of training people to be their best. These lessons help sales people; employees and executives shed body fat, improve health, increase energy and boost their performance at work and at play.

**His thought provoking, educational and motivational presentation will:**

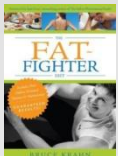
- ✓ **Improve company performance**
- ✓ **Increase sales**
- ✓ **Decrease employee sick time**
- ✓ **Inspire proactive health management**
- ✓ **Energize your meeting!**

**Are you sick and tired of being...sick and tired?** Whether you want to lose fat, gain energy or improve your health Bruce Krahn shows you how!

**Following his presentation you will know how to:**

- Program your mind so you cannot fail
- Measure your progress and why your doctor may not be telling you the whole truth
- Eat for maximum energy, health & fat loss
- Perform simple exercises that produce extraordinary results
- Flatten your stomach- without sit-ups!
- Use nutrition- not sit ups- to lose deadly mid-section body fat
- Become and remain fit without turning your life upside down
- Minimize the time you spend exercising while enjoying better results
- Be your own personal trainer and nutritionist!

**Becoming and staying in great health may not be easy but Bruce sure makes it simple.** His lecture helps men and women from all walks of life understand and implement lifestyle changes that will make a huge difference.



## -Testimonial quotes-

“STANDING ROOM ONLY”  
-Anti Aging show, Toronto

“BRILLIANT”  
-Amgen

“INCREDIBLE SPEAKER”  
-Petro Canada

“FANTASTIC DEMOS”  
-Kraft

“ENTERTAINING AND REALISTIC”  
-Canadian Tire

“Bruce is one of the world’s most **reliable authorities** on ways of improving your health and performance by natural means. The recommendations in his presentations can quickly and dramatically improve your body composition, health, vitality, enthusiasm, motivation and creativity”  
-Sam Graci, author and world renowned health expert

“**Bruce Krahn** has established himself as a **trusted authority** in the North American health and fitness field. His dedication to research and practical Application has paid dividends in the promotion of health and vitality”.  
- Dr. Alan Logan, Harvard Medical School

### The facts about healthy fat loss:

- 95% of people approach weight loss the wrong way
- Many so called “**health foods**” are making people fat and unhealthy
- Cardio is not the best form of exercise for long term healthy fat loss
- 14-16% of all Canadians are not just overweight- they are obese
- Eating low fat and fat free may be making you sick, tired and overweight
- After listening to Bruce’s presentation you will know exactly what you should do next!

Bruce delivers the ultimate great health lecture! Rooted in science and endorsed by the worlds top health experts, Bruce will entertain you while delivering the straight goods on health, fitness and fat loss success!

### Bruce is the perfect speaker for:

- ✓ Employee programs
- ✓ Lunch & learns
- ✓ Conferences
- ✓ Colleges and universities
- ✓ Meetings



**The best health speaker you will hear all year -guaranteed!**

