



	<p>David Beard</p>	<p>Key Message: My vision is for everyone to look forward to growing old and for every day to be lived with passion and fun. Why should anyone lose sight of their future, or die prematurely due to lifestyle choices.</p> <p>I plan to have a long and exciting life. I'm sure it's what you want too.</p>	
<p>Available for: Keynotes Seminars, workshops, product launches,</p>	<p>Topics Diet, Health, Lifestyle, Nutrition</p>	<p>Industry Types Professional services Corporate Organisations Trade Associations</p>	<p>To Book David: david@lifelongfitness.info</p>

BIO:

David is an Exercise Physiologist with Post Graduate qualifications from University of Western Australia, a Masters Degree from University of Arizona and a Graduate Diploma of Business from Edith Cowan University. Having grown up in country Western Australia he has lived most of his adult life in Perth.

David is also passionately aware of the need to be in an 'optimal' state much of the time. He juggles a busy work and family schedule with his own health and fitness program, so he understands the practicalities of balancing work and well-being. He is excellently placed to inform, entertain and stimulate people to make changes that positively impact on their performance.

David presents in a light-hearted yet informative style. Not only does he help participants understand their own chemical profile, he gives practical and insightful tips that allow participants to optimise their body chemistry.

David Beard is a professional who believes that taking simple steps to balance our body chemistry can dramatically change our effectiveness and ability to cope with a world in which we are continually being asked to do more with less.

Books: **If I'd Only Known I'd Live This Long**
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