



Our culture pushes the mantra, "You can have it all!" Yet, for many, "having it all" costs them dearly through debilitating stress, failing health, unbalanced lifestyles, suffering relationships, anxiety over finances and overall disappointment with quality of life." Through compelling and often humorous stories that everyone can relate to, **Dr. Ohlhauser** engages and challenges each participant to examine their own life and make changes now to avoid serious consequences later. Having thwarted an impending heart attack himself, Dr. Ohlhauser knows what it takes to make change and he motivates others to take responsibility for their own health. His no-nonsense, holistic approach is refreshing and the plan of action he shares with his audience is achievable and sustainable.

The statistics are telling us a chilling story that denial won't solve. According to the World Health Organization, the U.S. is the world's fattest nation with over half of adults overweight or obese. But China and India are growing fatter at a faster pace and their populations dwarf North America. By 2015, the number of overweight and obese adults in China and India will grow by 66 percent and 44 percent respectively. Chronic disease is expected to increase in India from 40 percent in 1990 to over 67% by 2020. But there is hope, and Dr. Ohlhauser shows everyone how to find it, act on it, and take responsibility for their own health and wellness. Dr. Ohlhauser gently but firmly guides participants through a process by which they learn to assess their current levels of physical and mental fitness, and develop a plan for change.

Larry Ohlhauser

Speech Topics

- Stress Management
- Life Balance
- Health & Wellness

