



Through an ongoing program of health, exercise and nutritional education, blended with an unmatched ability for making the message palatable, Richard Simmons has without question played an invaluable role in improving the quality of life for Americans everywhere. Though the self-proclaimed court jester of health has used an irreverent sense of humor to help ease the struggles of the overweight, it would be impossible to overstate the serious good that he is doing, since obesity is known to be a factor in the three leading causes of death in this country.

Born and raised in New Orleans, Simmons prevailed over his own weight program before relocating to California in 1973. Since there was no significant fitness movement at the time, Simmons attempted to find a health club that wasn't for people who were already in shape. As he recalls, health clubs existed only for thin people.

Determined to bring health and fitness to the people who needed it the most, Simmons consulted with doctors and nutritionists to ensure the safety of a program he tailored to the needs of the overweight. By bringing much humor to the serious business of losing weight, he established an innovative place where the overweight were welcomed with open arms. The program met with instant success. To this day, some sixteen years later, this unrivaled success continues at Slimmons in Beverly Hills.

Numerous local and national television and radio appearances in the mid-70's led to Simmons' four year run on General Hospital, followed by a highly successful Emmy Award-winning syndicated series. Now, in addition to bestselling books, albums, cassettes and videos, Simmons averages some 250 personal appearances each year to promote physical well-being.

With a genuine concern fo...

**Richard Simmons**

### Speech Topics

- ☐ Motivation
- ☐ Celebrity
- ☐ Attitude