

The Healthy CEO

■ “Be the CEO of your own health”

In his keynote, Dr. Ohlhauser examines the sobering facts regarding fitness levels in North America and relates his own struggles with work-life balance to stay active and healthy.

He examines the barriers that prevent us from taking responsibility for our health, as well as the science behind aging. Dr. O, as he is called, engages the audience in participatory activities and uses valid assessment tools that will allow individuals to gain a snapshot of how they rate on important wellness factors. This allows them to create an action plan that will result in immediate and lifelong improvements. He blends facts, gentle humour and audience participation to create an engaging, entertaining and memorable experience.

Dr. Ohlhauser has motivated audiences worldwide with his passionate approach to well being and his opposition to the practice of writing prescriptions for all that ails us. Based on his best selling book, The Healthy CEO, Dr. O delivers powerful, interactive, fact filled and personal messages to executives and employees from all walks of life to help them take control of their physical, relational and financial wellness.



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■ What Participants Learn from Dr. Ohlhauser's Presentations

- An understanding of the factors that influence financial, relational and physical wellness.
- Determine how likely they are to suffer from cardiovascular disease.
- The effects of stress and managing stress levels.
- An understanding of the psychology that prevents people from taking action.
- How to create a successful action plan.

Dr. Larry Ohlhauser, M.D.

President and CEO of Ohlhauser & Associates, a Canadian consulting firm specializing in healthcare strategy. A former medical practitioner and a highly sought-after speaker, Dr. Ohlhauser has influenced the transformation of thousands of lives by empowering individuals at all levels to take responsibility for their own health.



■ Bio and Awards

Dr. Ohlhauser is an accomplished medical professional, consultant and Professional Speaker. He has garnered multiple awards including:

- Canadian Speaker of the Year Award from TEC
- One of "Top 100 Physicians of the Century" by the Alberta Medical Association and the College of Physicians and Surgeons
- Alberta Centennial Medal in Recognition of Outstanding Service to the People and Province of Alberta
- Dr. Louis Levasseur Distinguished Service Award for Outstanding Contributions toward the Vision and Mission of the Medical Council of Canada



■ What Others Are Saying about Dr. Ohlhauser's Presentations

"Your message that some simple changes to diet, exercise and changing how we handle stress were practical and simple for each of us to incorporate into our daily lives. You were brilliant. I hope our members take your experiences seriously and change their lives for the better."

James Keirstead, EO Edmonton

"I think he is one of the best (if not the best) I have seen."

Kathleen Redmond, Senior Partner, Center for Character Leadership

"Larry was truly amazing!!! I thought it was one of the best presentations we've had in a while since our own health is close to our hearts, although sometimes we don't recognize that until someone points out, in no uncertain terms, that it should be."

Ute Lawrence, The Power of One Discovery

"If you rate a speaker as I do, not only did the group enjoy the presentation at the time, but were they able to make change - AND STICK WITH IT - thus making a meaningful long term impact, then I recommend you consider Larry!"

JP, Vistage Chair

"Dr. Ohlhauser's presentation was interactive, engaging, straight forward and entertaining. It was like a dear old friend was sitting down to tea with you to try and help you sort out where you are at and what you need to do to get you where you want to be."

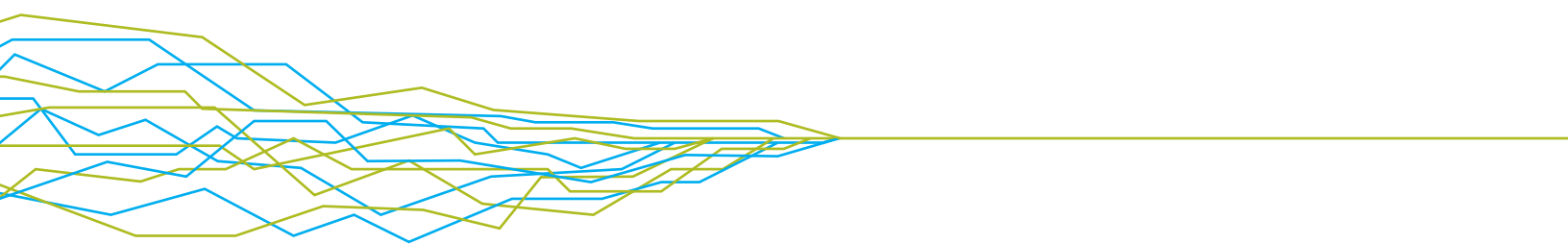
Maureen Landry, BSW, RSW, Manager Alberta Post Adoption Registry

"Dr. Ohlhauser, your presentation at the Edmonton Chapter of ASIS on October 28th was right on the target and delivered in such a way that all present were hanging on every word. You stepped up to the plate and delivered a grand slam! An outstanding presentation."

Don Lavoy, CPP, CRM Seminar Committee Chair

"What an extraordinary opportunity to hear such a dynamic speaker!! I thoroughly enjoyed the seminar. Dr. Ohlhauser's enthusiasm, humour and understanding of the complexities of life combined with his personal and professional knowledge of how to achieve success was truly inspiring!"

Donna M. Ulrich, Senior Engineer Technical Officer, Ontario Power Generation



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■ What Others Are Saying about Dr. O's book *The Healthy CEO*



Dr. Ohlhauser's book examines the lives of Frank and Katie, a CEO and an entrepreneur trying to make life, love and living work. Find hope and inspiration in their story and be empowered as you apply the *The Healthy CEO* program to your own life.

"This amazing book gives you tools that appeal to the storekeepers, the competitors, the challenge seekers and anyone who wishes a healthier and happier life. *The Healthy CEO* is a business book that truly belongs to the mainstream."

-Jaynie L. Smith, author, *Creating Competitive Advantage*; founder, ICS Marketing; President, Smart Advantage, Inc.

"*The Healthy CEO* is not only full of practical advice and humor, but it's so timely in today's business climate. The folks who step off the racetrack long enough to read this will be forever thankful they invested in themselves."

-Tom Hill, bestselling author, *Living at the Summit*; co-author, *Chicken Soup for the Entrepreneurial Soul*

"Not only is Dr. Ohlhauser's book jam-packed with practical information to better anyone's quality of life, but the Frank and Katie story is wonderful fiction. What a fun way to learn some life-changing lessons!"

-Steve Erwin, New York Times bestselling author

"If every business leader and influencer in America read this book and passed it along to others, I truly believe our world would be a healthier, happier and more productive place."

-Barbie Hall Gummin, founder, Promote It International

Visit www.thehealthyceo.com for more information.

Video links:

<http://www.youtube.com/watch?v=P-vgljxtv5k>

http://www.youtube.com/watch?v=s_EwRjPYMO4

<http://www.youtube.com/watch?v=YhFHPP0kpM0>

<http://www.youtube.com/watch?v=jNlbvpSG5MY>

<http://www.youtube.com/watch?v=GrabNM-3cG0>