

**On Target Living (OTL) is the Leading Authority on Small Steps to Healthy Living. Their Mission is to Improve the Health and Performance of the American Population One Person at a Time!**

On Target Living is a wellness consulting company that helps organizations achieve fitness goals and increase efficiency, OTL has trained over 40,000 people, hundreds of organizations both large and small, with one goal in mind...Optimal Performance. Testimonials from financial advisors are some of their best! With a combination of both education and the desire to change, they are healthier and performing at higher levels than ever before. They know that just providing an exceptional training event is not where you stop. Follow-up is a necessary component because the best questions come after an event.

**Chris Johnson**

**\$10,000 to \$15,000**

Chris Johnson is the founder and CEO of OTL. Chris has earned the designation of Certified Speaking Professional (CSP) from the National Speakers Association. Only the top 10 percent of speakers earn this credential which puts Chris Johnson in a class among the world's best and most elite public speakers in the world. He has worked in partnership with several Fortune 100 companies to improve the overall corporate wellness of their executives and employee base.

**Matt Johnson**

**\$5,000 to \$10,000**

Matt Johnson is a dynamic speaker and fitness expert who is passionate about teaching the "3 Pillars" to better health: REST EAT MOVE. He gives his audience the tools to develop healthy eating habits, incorporate exercise into daily routines, and prioritize rest and rejuvenation. As the son of On Target Living founder Chris Johnson, Matt also serves as the President where he implements and designs wellness programs worldwide for companies large and small to help minimize risk and improve performance.

**Kristen Johnson**

**\$5,000 to \$10,000**

Kristen is the registered dietitian for On Target Living and author of Target To Table: Delicious & Healthy Meals One Superfood at a Time. Kristen travels the world inspiring people to live deliciously. Over the years, Kristen has become the true expert on teaching people how to live a healthy lifestyle that is fun, flavorful, and rewarding. Her practical ideas and real life stories teach people how to make simple upgrades to healthy and delicious eating.

Video: [Is Personal Health Important to Business?](#)



**Brian-Luke Seaward**

**\$5,000 to \$10,000**

**A Holistics Stress Management Speaker**

Brian Luke Seaward is a renowned and respected international expert in the fields of stress management, mind-body-spirit healing and corporate health promotion. His presentations will help you create a sustainable work-life balance. He highlight the essential tools for stress decompression, from optimism and assertiveness skills to humor and relaxation skills so that you can catch your breathe, regain a sense of balance in your life and reclaim your sense of empowerment to navigate gracefully on your life journey.

In Brian's A Good Night's Sleep: Stress & Insomnia presentation he review how over fifty percent of Americans claim to suffer from poor quality of sleep. Stress is ubiquitous in the work setting and one of the most common symptoms of stress is insomnia. Current research from the National Sleep Foundation suggests that over 60% of Americans suffer from insomnia each year. Poor quality of sleep translates into poor work habits, poor communication skills, performance deficits, and compromised health, especially the immune system.

This presentation outlines the three categories of insomnia (transient, intermittent and chronic), the stress-prone behaviors that contribute to poor sleep quality and poor sleep hygiene, and several suggestions to improve the quality of one's sleep. Two relaxation techniques will be demonstrated and taught at the end of this session.

Video: [Stress Management and Human Spirituality](#)



**Andrew Bernstein**

**\$10,000 to \$15,000**

**Learn to Live a Happier, Healthier, Stress-Free Life by Developing Greater Resilience**

Andrew Bernstein helps wealth management Leaders GROW by transforming their MINDSET The world is changing. Clients are looking for advisors who go beyond pitch books and benchmarks to connect on a more meaningful level. This requires a change not just in behaviors, but in mindset. The great Roman Emperor Marcus Aurelius once commented that the human mind, when trained properly, turns roadblocks into roads. We help advisors do this by changing the way they think about challenges. His resilience program is consistently one of the highest rated sessions — even among skeptical Type A advisors — because it's practical and engaging, and it applies just as much to roadblocks at home as at the office.

Andrew helps advisors cultivate this mindset. He created a process that changes the way advisors think about challenges. The immediate effect of this is less stress, but advisors who continue using this emerge with a different head on their shoulders. They see problems from new angles. They listen better to others, and hold themselves more accountable. They focus more fully on what really matters. This enables teams, branches, and entire complexes to put to rest the things they would normally complain about (clients, prospects, team dynamics, etc.) so they can move forward undistracted, focused, and engaged.

Video: [The Myth of Stress](#)



**Leslie Beck**

**\$5,000 to \$10,000**

**Canada's Leading Nutritionist Offers You Relevant Nutrition Information & Healthy Food Inspiration**

Leslie's professional background, credentials and years of experience put her at the top of her field. Whether working one-on-one with clients in her private practice, writing consumer books or delivering keynote presentations, Leslie is able to translate the latest — and often complicated — nutrition and health information into diet advice that's easy to understand and easy to follow.

Having a strong interest in sports nutrition, Leslie acted as nutritionist to the Canadian International Marathon and the NBA's Toronto Raptors Basketball Club. Leslie keeps fit herself by running, cycling, and weight training.

In her program, Peak Performance Nutrition: Managing Stress Through Diet & Nutrition, Leslie focuses on how stress is an unavoidable part of life but that doesn't mean it has to affect your health or your performance. Overwork, lack of sleep, colds and flu, emotional upset, and poor eating habits all put stress on your body.

This seminar will offer nutrition strategies to condition your body so it can deal with life's daily stresses. With the right diet, vitamins, minerals and herbs you can boost your body's immune system, increase your energy level, and prevent stress related symptoms including fatigue, headache, low back pain, irritability, and irritable bowel syndrome.

Video: [Longevity Diet](#)

