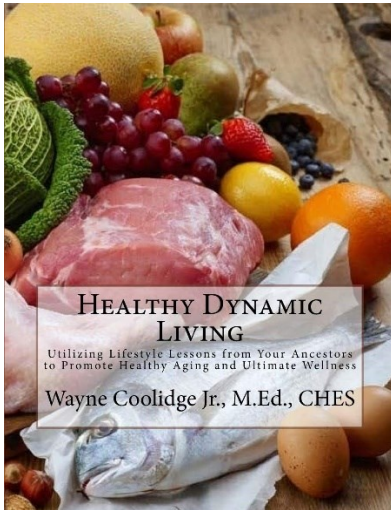


Wayne Coolidge Health Promotion Presentations, Seminars, and Workshops



Wayne Coolidge Jr., M.Ed. is a Health Promotion Scholar-practitioner specializing in Ancestral Health-focused Lifestyle Management. He has worked, taught, and consulted in the anti-aging, health/wellness, and disease prevention space for 41 years. By providing knowledge, skills, and motivation, Wayne empowers individuals to offer their bodies the critical resources necessary to function optimally and assume a life of ultimate wellness and productive longevity.

Topics are offered in presentation, lecture, seminar, or workshop formats. They can be re-tooled or custom-designed to meet the health/wellness needs of your employees, group, or organization. Presentations to senior and non-profit groups are offered at a reduced cost or free of charge

Topics include:

Keynote- "Stone Ager's in the Fast Lane: 21st Century Wellness with a Paleolithic Twist"

Wayne's speaking uniquely blends cutting-edge science, experience, and wit to educate and encourage others in their quest for a Healthy, Dynamic Living Lifestyle. His current featured Keynote, "Stone Ager's in the Fast Lane: 21st Century Wellness with a Paleolithic Twist," is part compelling story, part cutting-edge health and wellness information, and part inspiration and motivation. Wayne's expertise is in lifestyle optimization, which is designed to control cellular aging, which initiates a body normalizing "genetic re-set." This is accomplished while keeping an eye on "big picture" wellness for his clients. These themes resonate clearly throughout his speaking. His warning to his audiences? Be careful; you may laugh AND learn something at the same time.

Paleo Perspectives on Aging, Fat Loss, Fitness, and Health: Utilizing Lifestyle Lessons From Your Ancient Ancestors and Other Successful Cultures to Promote Ultimate Wellness

This presentation contains highlights of scientifically documented material from the book of the same name. It contains time-honored secrets for achieving a lifestyle that will result in healthy aging and ultimate wellness. "Healthier, stronger, longer" is a motto that adeptly describes his purpose of sharing the blueprint for a long, wellness-infused life. The living, eating, movement, and toxicity avoidance patterns of our ancient ancestors provided the genetically engineered map of how we are supposed to live. Wayne invites you to learn how you may incorporate these secrets into your own personal, as well as your family's health and wellness regimen.

Release Your Inner Shield Maiden

Discover elite nutritional health, mindset, and fitness by mimicking the lifestyles of the healthiest and most empowered women in history. This presentation details how present-day women will benefit from a Scandinavian-based lifestyle optimization program based on the lives of the female warrior Shield-maidens of Norse legend. You will have the opportunity to take home time-honored and scientifically validated secrets to vibrant health, physical strength, and a powerful Shield-maiden mindset. You will use what you learn about Shield-maidens to make that happen.

Live Strong and Prosper: Empowering Yourself Toward Health, Wellness, and Productive Longevity

This is an enormously informative, high-energy lecture/presentation. It's designed to empower those who are ready to change the trajectory of their health and their life. "Live Strong and Prosper" will provide tremendous motivation as well as the knowledge that the pathway you will be following is effectively steeped in scientific validity. Hint: This process will be highlighted by principles of ancestral health and genetics. Wayne Coolidge Health Promotion Power Principles will provide the framework for your journey. They are:

1. Power of conviction, desire, and will
2. Power Nutrition and Supplementation
3. Power Fitness
4. Brain Power
5. Power of Faith

Reach your physical, mental, and spiritual goals, regardless of what they are, perhaps for the very first time! I'm going to show you why and how you "leave nothing on the table" in your quest for personal excellence. Leave this presentation exhilarated, motivated, primed, and prepared to forge a brand new you despite your age, current mental outlook, or physical abilities.

The Paleo Perspectives Nutrition Plan: Combining Paleo-Mediterranean-Scandinavian Eating Principles for Health, Wellness, and Productive Longevity

An objective interpretation of nutritional science directs us to more primal, ancestral type eating patterns for ultimate wellness. A factor missed by "experts" espousing the use of specific diets for the masses is that no single diet will meet the nutritional needs of all people. Choosing a diet steeped in physiologically familiar foods consumed by our ancestors as the human body evolved is the proper starting point. A Paleolithic-era diet, combined with Mediterranean and Scandinavian diet elements, becomes a near-perfect anti-aging, health-enhancing eating plan. This presentation reveals facts associated with the Paleo, Mediterranean, and Scandinavian diets and investigates how combining dietary practices may best meet your nutrition needs. Elements of other popular diets, including Ketogenic, Whole30, Dash, Flexitarian, and Mind diets (among others), will also be discussed.

The Skinny on Fat: Energy Balance, Body Composition and You

Few, if any, human endeavors have been met with as much failure as the attempt to healthfully and efficiently lose body fat long-term. Weight loss is an opportunistic industry flooded with products designed to create bottom-line profits rather than bottom-line results. Forty-one years of successful experience in the "fat loss" industry and thousands of hours of dedicated research on energy balance and weight control have prepared Wayne to guide your journey to lose fat forever. Several practical examples of direct influences on the energy-balance equation and validated strategies designed to aid and support the fat-loss process nutritionally, physiologically, and emotionally are included. This presentation will provide a starting point from which you can initiate your own customized program, enabling you to lose fat safely, effectively, and efficiently.

Stressed, Strained and Inflamed: What's killing Us and What We can do about It

This presentation explores the series of physiological events that render the body unable to use oxygen and water. Dysfunction associated with the body's two most basic (and important) molecules results in severe physiological trauma resulting in chronic disease. The insidious relationship among stress, anxiety, nutrient depletion, and genetic pre-disposition leading to oxidation and inflammation create this "perfect storm" of disease scenario. The world's leading nutritional biochemist (in my opinion) Bill Downs refers to the resultant condition as "suffocating Cell Syndrome." It's well known that almost everything bad that happens in the human body occurs downstream from inflammation. How ironic is it that our ancient ancestors struggled to conquer the use of fire for survival while present-day humans struggle to put out the fire (of inflammation) FOR survival? The good news is that the solutions to this dilemma are much easier than expected. The answers lie in the field of epigenetics and the practice of assuming lifestyle characteristics of our Paleolithic ancestors, who were the healthiest and least inflamed humans to ever walk the earth.

The Big Lie: How Government, the Media, and the Food Industry is Making Us Sick

"The Big Lie" is a deep and disturbing portrayal of the quality, safety, and health concerns associated with the US food supply. "Deep-pocketed" special interests influence nearly all levels of government. In all its forms, media is used to deceive consumers and create a "food industry-friendly" public opinion. The USDA's laws have been manipulated to produce "agri-business" friendly loopholes, and food producers and agri-business conglomerates have no problem identifying and taking full advantage of those loopholes. How does a "trusted" gourmet grocery store sell fresh (never frozen) beef from Australia that endures a 62-day voyage on a ship and several days on a truck without it rotting before reaching the East Coast? This and many other horrifying facts about the food industry will be revealed.

Food and nutrition science is viewed and presented through an evolutionary/genetic lens. The mismatch between our modern diet and our ancient genetic makeup is playing a substantial role in the ongoing epidemics of obesity, hypertension, diabetes, cardiovascular disease, cancer, and other disorders. The food that we eat and the food that humans evolved with couldn't be

more dissimilar and it's killing us. The presentation will include a "call to action" and tips and techniques to enable health-conscious individuals to safely survive food industry failings.

Nutritional Supplement Sanity in a New Age of Snake Oil Sales

This presentation could've been entitled "Everything you ever needed to know about nutritional supplementation but didn't know who to ask." Unbiased, scientifically validated information regarding the "why's" and "how's" of nutritional supplementation is rare. In many cases, nutritional supplement science has left the realm of nutritional biochemistry and has entered the practice of deceptive science claims for corporate profits. "Nutritional Supplement Sanity" will present an ancestral health-based perspective on common sense supplementation designed to provide the body resources to function maximally and to fulfill its genetic mandate.

One thing is clear: present-day humans don't receive the critical nutrients their bodies require through food alone, regardless of how nutritionally sound their diet is. Nutritional deficiency is not just the foods fault. The poor condition of the typical American's digestive system prevents much disintegration and dissolving of food and supplements, leading to poor nutrient absorption. How can you get your nutrition needs met and heal your digestive system at the same time? What is the difference between a supplement and a nutraceutical? How much should distinctly superior, unique, and effective supplements cost? What works, what doesn't, and how do you handle being approached by bands of modern-day snake oil salesmen and women that the FDA warns us about? Answers to the preceding questions and more will be discussed.

10 Health Enhancing/Age-Reversing Lifestyle tips

Which lifestyle factors can put us directly on the pathway to Healthy Dynamic Living and reverse the aging process? Most of us already have a pretty good idea of what we need to do when it comes to living and aging optimally. We know we should exercise, eat right, and get a good night's sleep. Many other lifestyle factors are extremely important in promoting health, healthy aging, and wellness. What are they, why are they important, and where do they rank in importance? Prepare to be surprised and motivated!

Make Everyday Independence Day with Mobility and Freedom for All: Tips and Techniques to Increase Physical Mobility

There is not a more serious threat to an individual's independence than the loss of physical function and mobility. Dependence on others for assistance with the everyday activities of life can create a vicious downward cycle of lowered self-esteem, depression, and anxiety. These conditions hasten physiological and psychological decline when not managed or treated. This presentation explores the factors related to physical decline including views on aging, nutrition, and physical activity. Lifestyle regimens that include the previous factors will improve a person's outlook on life and delay the onset of "caretaker" dependent living.

Growing Wiser: Healthy Aging Practices, For Peace of Mind, Disease Prevention, and Productive Longevity

Senior Presentation - Lifestyle optimization has the power to control aging by slowing, temporarily reversing, and even stopping cellular aging for a time. Aging is the biggest risk factor for disease onset. Slowing the rate of cellular aging positively influences genetic expression, effectively helping us avoid disease and ill health while promoting productive longevity. I'll discuss the importance of nutrition, physical activity, and creating a healthy mental outlook with positive expectations toward aging as keys to successfully aging. A considerable amount of time will be spent discussing tips & tricks to support your body's most valuable organ, your brain.

Additional presentation titles include but are not limited to:

Brain Health: Tips and tricks to support your body's most valuable organ

What's for Dinner: To Promote Health, Fat Loss, and Productive Longevity

Suffocating Cell Syndrome and Aging: The Role of Air, Water, Sunshine, and Food

The Paleo/Keto Diet: What is it, and is it for you?

Tips to Fast-Track Your Fitness Goals