John Abdo is a World-Wide decorated authority on life motivation, health, fitness, nutrition and athletic conditioning. As a former Olympic coach, John trained numerous Olympic and World-Class athletes, including Bonnie Blair, multiple Gold Medal recipient.
As an Inductee into the National Fitness Hall of Fame, John has appeared on literally thousands of television and radio shows reaching millions of households globally, and establishing himself as one of the most visible motivational educators' for legions of athletes, coaches and fitness enthusiasts.
You might be familiar with John from seeing him on television promoting his Award-Winning inventions, like The AB-DOer®, which is owned by over 3 million people in 87 countries and has received many prestigious international awards.
John's newest As Seen on TV releases include his critically-acclaimed books Make Your Body a Fat-Burning Machine™ and the doctor-endorsed Ultimate Sexual Health & Performance™. John also co-developed and is the chief spokesperson for Androzene™ the all-natural, potent and fast-acting male sexual-health performance supplement.
Johns ground-breaking exercise machines and books are helping men and women around the world reshape their body's and lives, boost and/or restore hormonal integrity and enhance sexual vitality, at any age.
At 57 years young, John is an empowering and prolific teacher, mentor, success-coach, writer, speaker, and inventor who promotes a myriad of healthy principles for achieving success in all areas of personal and professional life.
If only one word was needed to describe John Abdo, it would be Dynamic!
To book motivational and health and wellness speaker John Abdo call Executive Speakers Bureau a...

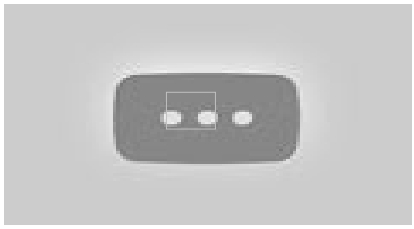
Testimonials

Dear John: I have you to thank for inspiring me to take charge of my life. Becoming a DOER helped me get my life back in balance! To own and operate a business requires huge amounts of physical and emotional energy! But so many professionals sacrifice their health as they're striving for their wealth. At 40, I was over 50 pounds overweight, not good personally or professionally! I am a health care professional who runs a business and speaks to "live" audiences on a weekly basis. Having a healthy image is essential for leadership and to build a solid successful business. It wasn't helping my image or my business being so terribly out of shape. I knew I needed to make a change and knew I needed to start respecting my health. Listening to you has inspired me to become a DOer myself! Now, after losing 50 pounds in just a few short months, I look better than I ever did and am healthier and more energetic than ever with loads of confidence! Life is so much easier now both personally and professionally. I am easily capable of presenting myself both in public and with my patients with incredible energy and frequency! I have properly aligned my health goals to be back in balance with my financial, family and spiritual goals—what a difference! Leaders need balance in their life! When you are over weight and out of shape you cannot have balance. There are no more excuses to being mentally and physically out of shape. Your guidance and motivation has literally saved my life and changed it in such remarkable ways. I now look forward to tomorrow! A New

John Abdo

Speech Topics

- Stress Management
- Sports
- Peak Performance
- Innovation
- Health & Wellness



DOER!

- Dr. James Sexton.

I worked out with John for 3 weeks. His classes were intense but the time just flew by. John's knowledge is incredible, and he's a terrific motivator. One thing's for sure, I got in my best shape ever following John's routines. I particularly love his No Excuses Workout as it's the perfect program when I'm in a hurry, which is a lot these days. If you ever get a chance get one of John's programs. You'll be glad you did!

- Amy Shiotoni.