



**Joe Piscatella** is one of the nation's foremost authorities on the link between lifestyle habits and cardiac health. In his seminars, which have been called "a force for positive change" by *TIME* magazine, he teaches how to live a healthier, better-balanced life in our stressful modern society.

Joe knows the science of healthy living. More importantly, he understands the practical application of that science. His experience of undergoing coronary bypass surgery at age 32, and subsequently managing heart disease successfully for over 34 years, gives him a practical perspective that audiences appreciate. He is one of the longest-lived survivors of cardiac bypass in the world.

President of the Institute for Fitness and Health, he lectures extensively to a variety of clients, including Fortune 1000 companies, professional associations, and medical organizations. He consults on employee wellness to Boeing, Raytheon, Exxon, Sprint, the Federal Reserve Bank and the U.S. Naval War College. Over 2 million people have attended his seminars.

He is the author of 12 best-selling books including *Don't Eat Your Heart Out, Take A Load Off Your Heart, The Road to A Healthy Heart Runs Through the Kitchen and Positive Mind, Healthy Heart*. His newest is *Prevent, Halt and Reverse Heart Disease*.

Mr. Piscatella has hosted three PBS television specials, is a frequent guest on television and radio programs, including CNN, The Today Show, Fox News and Good Morning America, and is a guest expert for lifestyle and heart health on WebMD.

Mr. Piscatella designs and manages corporate and community health initiatives. In one program, 650 people lost 4,200 pounds. He is a member of the Legislative Task Force on Y...

## Testimonials

“ Joe Piscatella's wellness program helped us to deliver our marketing message and strengthen our position in the cardiovascular market.” ”

- HOLLAND COMMUNITY HOSPITAL / HOLLAND, MI .

“ Joe Piscatella knows more about the impact of lifestyle choices on health than most physicians and Ph.D.'s ”

- THE AMERICAN JOURNAL OF CARDIOLOGY .

### Joe Piscatella

### Speech Topics

- Motivation
- Management
- Life Balance
- Inspiration

