BEN GREENFIELD LIFE

SPEAKER PACKET

BIOGRAPHY

Ben Greenfield is a human performance consultant, speaker, and New York Times bestselling author of 17 books, including the widely popular titles Beyond Training, Boundless, Fit Soul, Spiritual Disciplines Journal, and the Boundless Cookbook. A former collegiate tennis, water polo and volleyball player, bodybuilder, 13-time Ironman triathlete and professional obstacle course racer, Ben has been voted by the NSCA as America's top Personal Trainer and by Greatist as one of the top 100 Most Influential People In Health And Fitness.

A frequent contributor to health and wellness publications and websites and a highly sought-after speaker, Ben's understanding of functional exercise, nutrition, and the delicate balance between performance and health has helped thousands of people around the world achieve their goals and improve their quality of life–from high-level CEOs to soccer moms to professional athletes and beyond. Ben also seeks to teach and inspire people to fully experience and joyfully savor all of God's creation while optimizing their physical health.

Ben is an advisor, investor, and board member of multiple corporations in the health and fitness industry, and is also the co-founder of Kion, a supplement and functional food company that helps health and fitness enthusiasts live long, fun, active lives by maximizing performance and longevity. By combining the cleanest natural ingredients into complementing formulas, Kion helps you unlock your body's natural energy.

Via online, phone, e-mail and in-person consulting, Ben coaches and trains individuals all over the world for health, longevity, and performance. He also works with individuals, corporations, and teams for body and brain performance enhancement, and specializes in performance, fat loss, digestion, brain, sleep, hormone, anti-aging, parenting, relationships, spiritual fitness, smart drugs, nootropics, and overall wellness for achieving an optimized life.

Ben resides in Spokane, Washington with his wife, Jessa, and twin boys, River and Terran, where he enjoys worshiping God and praising Christ, swinging kettlebells, fiction, guitar, ukulele, spearfishing, bowhunting, plant foraging and cooking.

CREDENTIALS

Ben hosts the highly popular fitness, nutrition and wellness website Ben Greenfield Life, a site with over a quarter million monthly visitors which features blogs, podcasts, and product reviews from Ben. In addition to multiple daytime and reality TV show competitions, Ben has also appeared in and been a contributor to Forbes, Men's Health, Huffington Post, Fox News, Triathlete magazine, LAVA magazine, Endurance Planet, and has been featured in WebMD, Prevention magazine, Shape magazine, Men's Health, Men's Fitness, Women's Running magazine, Inside Triathlon, NBC, Fox, Entheos Academy, CreativeLIVE, MindBodyGreen, Udemy, Veria Live TV, CBS Sports, MindValley University, Outside Magazine and beyond.

As a public speaker on longevity, anti-aging, biohacking, fitness, nutrition, and cognition, Ben has hosted several top ranked fitness and health podcasts in iTunes, including the Ben Greenfield Life show, Endurance Planet, Get-Fit Guy, and Obstacle Dominator. Ben speaks around the world and in addition to presenting multi-day conferences in global hotspots such as Sweden, Finland, Dubai, London, and Thailand, he has been a keynote lecturer at private financial and corporate events, the Hawaii Ironman World Championships Medical Conference, Biohacker's Summits, PaleoFX, MindValley, American Academy of Anti-Aging Medicine, Academy of Regenerative Practices, CalJam, FitCon, Tedx, The Ancestral Health Symposium, Runga and numerous other private health retreats.

- Bachelor's and master's degrees from the University of Idaho in sports science and exercise physiology
- Personal training and strength and conditioning certifications from the NSCA
- Sports nutrition certification from the International Society of Sports Nutrition (ISSN)
- Advanced bicycle fitting certification from Serotta, the "Harvard" of bicycle fitting schools
- Spartan SGX coaching certification
- Over 20 years experience in coaching professional, collegiate, and recreational athletes from all sports

SPEAKINGTOPICS

MIND

- THE HIDDEN HEALTH EPIDEMIC & WORLDWIDE KILLER (THAT YOU HAVE THE POWER TO FIX)
- THE 5 INVISIBLE VARIABLES THAT WILL MAKE OR BREAK YOUR BRAIN & BODY
- THE BENEFITS & SCIENCE OF HYPER & HYPOTHERMIA
- 28 PROVEN TACTICS TO ENHANCE LONGEVITY
- 12 ANCESTRAL METHODS TO INCREASE LONGEVITY
- BASIC TO ADVANCED TACTICS TO INCREASE LONGEVITY
- COMBINING ANCESTRAL WISDOM WITH MODERN SCIENCE TO MAXIMIZE LONGEVITY
- NOOTROPICS, SMART DRUGS, AND PSYCHEDELICS: WHAT YOU NEED TO KNOW

BOUNDLESS: 21 WAYS TO UPGRADE YOUR BRAIN, OPTIMIZE YOUR BODY

Based on Ben's book, this signature presentation will cover all 21 chapters of Ben's book Boundless: Upgrade your Brain, Optimize Your Body, and Defy Aging. This isn't the stuff of lore, it is possible to optimize your entire body, mind, and increase your life/health span and without expensive bio-hacks.

This presentation will give participants the nuts and bolts of how to do just that.

Oh, but wait – you want more? Buy the book here!

Ben can customize a talk to your specific audience.

See his subject matter knowledge at BENGREENFIELDSPEAKING.COM.

SPEAKING**TOPICS**

BODY

FUTURE OF HEALTH & BIOHACKING

Have you ever wondered what the future holds in the realm of health and biohacking? Wonder no more! This presentation takes a deep dive into the emerging science of health optimization and longevity and details what investors should be on the look out for in the wellness and anti-aging market. Ben will break down technology, designer foods and supplements customized to your DNA and microbiome, wearables, and a whole host of science-laden bio-hacks that are guaranteed to leave your head spinning in amazement.

- **HOW TO LOOK GOOD NAKED AND LIVE A LONG TIME**
- **MODERN SCIENCE VS ANCESTRAL LIVING**
- **BASIC TO ADVANCED TACTICS TO INCREASE LONGEVITY**
- **MODERN SCIENCE AND BIOHACKING**
- **ELEMENTS OF MALE SEXUAL VITALITY**
- **22 REASONS YOU'RE NOT LOSING WEIGHT AND WHAT TO DO ABOUT IT**
- **THE HIDDEN HEALTH EPIDEMIC & WORLDWIDE KILLER (THAT YOU HAVE THE POWER TO FIX)**
- **THE 5 INVISIBLE VARIABLES THAT WILL MAKE OR BREAK YOUR BRAIN & BODY**
- **YOU, YOUR MICROBIOME & HOW TO OPTIMIZE YOUR DIGESTION & GUT**
- **THE BENEFITS & SCIENCE OF HYPER & HYPOTHERMIA**

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SPEAKING**TOPICS**

SPIRIT

- WORLD-CHANGING FAMILY WITH BEN & JESSA GREENFIELD
- FIT FOR DETACHMENT
- PRESENCE
- OLD FRIENDS
- TIME & TRUST
- MAKE EVERY MOMENT COUNT
- THE HIDDEN EPIDEMIC
- BE A MAN
- THE BENEFITS & SCIENCE OF HYPER & HYPOTHERMIA
- PURPOSE
- WHO AM I?

WHO AM I?

Be inspired and motivated to new heights of physical, mental and spiritual performance as you discover Ben Greenfield's personal journey – including his own testimonial, his path to enlightenment, his struggles, his failings, his message of forgiveness and release of shame, and his ultimate discovery of what it truly takes to find personal fulfillment, happiness and union with God.

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STATS

Get promoted to Ben's audience through social media posts, podcasts, and affiliate partnerships.

189K
FACEBOOK

88K
TWITTER

101K
YOUTUBE

385K
INSTAGRAM

103+M
PODCAST DOWNLOADS

AS SEEN ON:

THE HUFFINGTON POST

CBS

NBC

BOOKINGINFO &PROCESS

1. Complete the booking inquiry & request form at BenGreenfieldSpeaking.com.
2. You will be contacted by Ben's team to discuss details, fees and dates (Ben is often booked out 8-10 months in advance).
3. Speaking contract is agreed upon and signed by both parties.
4. Ben's team confirms your booking and your event is placed on Ben's public calendar and promoted by Ben (unless a private event).
5. Leading up to the event, you can share additional media assets for distribution and promotion by Ben as per contract.

For more information contact:

events@bengreenfieldlife.com