

# *Look & Feel Amazing* **LIFE-CHANGING PRESENTATIONS & EVENTS**

These unique programs will inspire, unite, and transform your people into their best selves! Guaranteed to engage and motivate, everyone walks away ready to apply the secrets of the healthiest, most successful people in the world! Experience them individually, or combine/blend programs.



## **MOTIVATION**

Life-changing, inspiring, dynamic, fun, and interactive, your team will experience a guided journey using visualization and music to tap into their best selves, transforming their lives forever!

- How to motivate anyone, including yourself
- How the most successful people think, act, and enjoy their lives
- 5 secrets to increase confidence, decrease stress, and activate your full potential

## **NUTRITION**

You will absolutely love this guilt free, unique look at nutrition, making you look forward to your next meal! Learn secrets you were never taught about how to look & feel your best while enjoying what you eat.

- How the most successful people in the world eat
- The 5 best foods on the planet
- How to eat great anywhere, even on the go

## **COOKING SHOW**

Be transported to a beautiful Greek Island, or quaint South American village as you're entertained during this interactive, live cooking event that will change how you cook forever!

- Make the healthiest ingredients taste delicious
- Create meals everyone will love in minutes
- Learn behind the scenes chef secrets to take your cooking to the next level

## **LEADERSHIP**

Help your people tap into their best selves and become inspiring leaders!

- How to motivate and influence others
- Becoming a great listener
- 5 ways to lead by example

## **STRESS/ANXIETY**

The majority of people experience anxiety, preventing them from living fulfilling professional and personal lives. This life-changing event will change that by sharing powerful, proven strategies!

- Control anxiety in 60 seconds
- 5 powerful stress/anxiety secrets to help you sleep better
- How to be present anytime, anywhere, be happier, and more fulfilled

## **EXERCISE**

Should you join the gym, get a personal trainer, or try the latest fitness fad? Get these answers and more, including what you can do right now to look and feel better in just minutes a day!

- The 5 best, most effective exercises.
- What the healthiest people in the world do to look & feel amazing
- Learn what you were never taught about exercise that will keep you motivated

## **HEAL EMOTIONAL & PHYSICAL PAIN**


The recent challenging years have contributed to increased anxiety, isolation, and pain. Learn what you can do now to heal physical and emotional pain, prevent disease, and live an active, engaging, fulfilling life! Includes licensed psychotherapist


- How to sit, stand, and walk pain free
- Strategies to heal emotional trauma
- Tap into your best self, improve relationships/intimacy, feel purposeful

***Packages can be customized  
accordingly.***

**MORE TOPICS- RELATIONSHIPS, SLEEP, ERGONOMICS, GROCERY SHOPPING**

## **CONTACT US**

 [WWW.PETERKOFITSAS.COM](http://WWW.PETERKOFITSAS.COM)

 201-637-3258

## TESTIMONIAL

Peter delivered what was by far the best presentation that our audience has ever seen. Full of energy, entertainment and mind-altering knowledge, he helped set the stage for all of us to rethink our daily habits. His session may honestly be the best I've ever attended, the perfect blend of knowledge and showmanship!

**Deb Eliopoulos, Manager, Regional Marketing**  
Mazda North American Operations

## PROFESSIONAL BACKGROUND

- BS, Montclair State University, Nutrition, Magna Cum Laude
- MS, PT, New York Medical College, Masters Physical Therapy
- Author- Shop, Cook, Eat, Perfect Peter, Live better Journal,
- Professional Speaker, International Health Coach, College Lecturer



## WHY WE'RE UNIQUE

We offer something very different: Live/Virtual events & kick-offs that engage and motivate, especially the hard to reach employees, and we keep the momentum going. We can seamlessly align with your wellness resources to maximize utilization. Experience our dynamic, results driven, interactive health & wellness programs- designed to motivate employees, improve productivity, reduce absenteeism, promote accountability and lower health care costs. We've been called "The Missing Link in Wellness".

## AREAS OF EXPERTISE

Motivation, Nutrition/Cooking, Exercise, Stress/Anxiety, Ergonomics, Relationships, Leadership, Executive Wellness

## PETER KOFITSAS MS,PT

Peter is an International Life/Health Coach, Professional Speaker, Author, Nutritionist, Physical Therapist, and Exercise & Motivational Expert. He's also been called, "The Missing Link", in corporate wellness. As an expert for the media, he has appeared on ABC, FOX, MSN, TLC, and in Fitness magazine. He's the author of 3 books, including, Shop, Cook, Eat. He's also the creator of the 5 Minutes to Fitness+ Program, a revolutionary lifestyle program for achieving optimal health, which has been featured on QVC and FOX. His clients include: celebrities, "Fortune 100" companies, non-profit organizations and individuals who have made incredible changes in their work, life, health and happiness.

### EXPERT FOR



### PARTIAL CLIENT LIST



MoëtHennessy



Humana



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