

# DAVID MEINZ

The **Energy** Expert

**"CONGRATULATIONS  
ON BEING OUR  
BEST PRESENTER.  
YOU RECEIVED THE  
HIGHEST EVALUATIONS  
AT THIS YEAR'S SYMPOSIUM."**

—John A. Barnshaw, III  
IBM

**"YOU SCORED A  
PERFECT TEN...  
I RARELY SEE THAT  
KIND OF RATING.  
THANKS SO MUCH FOR  
MAKING OUR EVENT  
SUCH A BIG SUCCESS."**

—Anne Blouin  
American Society of  
Association Executives

**"CONGRATULATIONS  
ON BEING CHOSEN  
OUR SPEAKER OF  
THE YEAR!"**

—Glenn Reighart  
Meeting Planners  
International —  
Potomac Chapter



How About  
Something A Little Different  
For Your Next Meeting?!

## Energize Your Life!

REVEALING PERSONAL HEALTH INSIGHTS

- **LEARN EASY  
WAYS TO**

Boost Professional & Personal  
Productivity and *Supercharge*  
Your Life!

- **EXPERIENCE A  
FRESH BLEND OF**

Motivation & *Uncommon*  
Sense For Excelling In Today's  
Hectic World!

- **LAUGH ALONG WITH**

A Fun & Funny Program  
That Will Energize  
Your Health!

INSPIRING AUTHOR & SPEAKER



The Book  
That's  
Helping  
America  
Get  
Energized!



# DAVID MEINZ

## The Energy Expert

David Mainz, MS, RD, FADA, CSP, is a frequent guest on radio and television. He speaks internationally to audiences about how to live life to the fullest with maximum energy and health. He has a Master's Degree (MS) in human nutrition from the University of Missouri, and he's a Registered Dietitian (RD), and Fellow in the American Dietetic Association (FADA). He's also received the Certified Speaking Professional (CSP) designation from the National Speakers Association.

But he's not just what he knows. *David presents his insights with a real zest for life!*

David is great with a crowd, interactive and energetic.

His fresh message comes across with unexpected humor, making his insights memorable and easy to grasp and apply.

His years of experience and depth of knowledge are balanced with his enjoyable and fun presentation style.

And he can easily tailor his message to match your audience and program.



A TRULY UNIQUE PROGRAM OF  
Personal Health Insights  
*Shared with Wit & Wisdom*

## Energize Your Life!

### WHAT AUDIENCES TAKE AWAY FROM DAVID'S PRESENTATION

- **PEAK PERSONAL PERFORMANCE**

How To Power-Up Your Health  
In Today's Fast-Paced Lifestyle

- **WHAT'S EATING YOU?**

... Or Is It What You're Eating?  
The Food You Eat Can Help  
You Manage Stress!

- **THE NEW FOUNTAIN OF YOUTH**

Exciting Information On How  
To Add Years To Your Life &  
Life To Your Years!

- **AND LOTS, LOTS MORE!**

### JUST A FEW OF THE ORGANIZATIONS DAVID HAS HELPED

Aetna  
Ernst & Young  
General Electric  
GlaxoSmithKline  
IBM  
MetLife  
Million Dollar  
Round Table  
MorganStanley

NASA  
Verizon  
Young President's  
Organization (YPO)  
Xerox

Plus Hundreds of  
Other Organizations  
and State & National  
Associations

Schedule **The Energy Expert**  
Today For Your Next Event.

David Mainz

1.800.488.2857

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Member  
National  
Speakers'  
Association

