



# CAPITOL CITY SPEAKERS BUREAU

*We help you thrill your audience!*

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## Joe Piscatella

*Travels from:* Washington

*Fee Range:* \$10,001 - \$15,000

Joe Piscatella knows more than a little about commitment and defying the odds. At age 32, a successful businessman with a young family, Joe underwent emergency coronary bypass surgery. The prognosis was not good with doctors predicting he would not live to be 40. But Joe's philosophy was: "You can't change the cards you were dealt, but you can change the way you play them." And he did. Joe recently celebrated his 32nd anniversary of that heart surgery, making him the longest-lived survivor of cardiac surgery in the U.S. He is living proof that with a positive mind-set and the right information, sticking with a balanced lifestyle for optimal health is possible.

A high-energy speaker, he is a man with a visionary message and the extraordinary skill to tell it. He uses the art of storytelling, contagious humor and decades of experience to deliver a powerful, practical message that moves audiences to live healthier lives. Over 2 million people have attended Joe's powerful keynote speeches and breakout sessions steeped in humor, insight and practical "how-to" tools. He knows the science of balanced living. More importantly, he understands the practical application of that science for today's busy lifestyles. With his energy, sense of humor and decades of experience, Joe captivates and motivates audiences, inspiring them to take action for their health.

Joe is a best-selling author. His work includes *Don't Eat Your Heart Out*, *Take A Load Off Your Heart* and *The Road to a Healthy Heart Runs Through the Kitchen*. His newest is *Positive Mind, Healthy Heart*.

Joe's position as a thought leader and the practicality of his advice is recognized nationally. He is a frequent guest on The Today Show, CNN, Good Morning America and Fox News. He has hosted three PBS television specials on lifestyle and health, and is in pre-production for a program on the health of children. He is the only non-medical member of the National Institutes of Health Expert Panel on Cardiac Rehabilitation.

He is the Founder and President of the Institute for Fitness & Health, an organization that consults on worksite and community health programs. Clients include the Boeing Company, Raytheon, Exxon/Mobile Pipeline Company, Sprint, the U.S. Naval War College, Cleveland Clinic, the Federal Reserve Bank, Starbuck's and GE Asset Management Company.

### *Most Requested Programs...*

- Take A Load Off Your Heart: Stress Management for Bailout Times
- Make Your Health Last As Long As Your Life: Maximize "Health Span" as well as Longevity
- Eating Healthy In A DoubleBurger.Com World: A Step-by-Step Guide to Healthy Eating in the Real World
- Raising Fit Kids In A Fast World: Strategies for Overburdened Parents