



ALTON BAIRD is a nationally recognized motivational speaker who does more than motivate. He educates, entertains and inspires people to make better choices for better health.

Alton is the visionary leader of Dynamic Wellness, a leading corporate health promotion company, and has nearly 20 years of experience in the wellness industry. As the company's charismatic founder, Alton has crafted a fresh and exciting approach to wellness promotion that has become the company's trademark.

Finally...A speaker that makes the topic of “Wellness” entertaining, fun and life-changing!

*“...a fresh approach to health and fitness—making it fun and exciting.”
- McDonald’s*

*“The Wellness Seminar ROCKED!!...positively life changing!”
- IL Dept of Commerce*

*“...on a scale from 1 to 10, I would certainly rate Alton a 10!”
- International Truck & Engine (Navistar)*

*“...programs are engaging, motivating and FUN!”
- Discover Card*

*“Alton was by far the best presenter we’ve had.”
- Evanston Township High School*

He delivers:

- ★ In-depth knowledge of fitness, nutrition, stress reduction and disease prevention
- ★ A humorous, high-energy approach
- ★ Timely and topical content
- ★ Measurable changes in behavior with health improvement results

Let Alton Baird add to the success of your wellness program, meeting or conference. All of his presentations are tailored to your company's needs. What better gift can you give to your employees or your function's attendees than better health...and a bit of fun? If you are ready to try something different, contact Dynamic Wellness and schedule Alton to speak at your next company function.

Popular Speaking Topics Include:

- ★ You Really Are What You Eat
- ★ Let “Real” Super Foods Be Your Medicine
- ★ Fit for Life – The Real Anti-Aging Medicine
- ★ Stress-busting - Why it's Making Us Sick, Tired...and Fat
- ★ The Keys to Heart Health
- ★ Packing Off the Pounds
- ★ Do You Really Know What Your Kids Are Eating?

Dynamic Wellness

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