

Joe Quatrochi

Health & Fitness Expert and Motivational Speaker



Dr. Joe Quatrochi is a dynamic speaker and consultant who utilizes his years of teaching and research experience to promote optimal health and wellness. He is a renowned professional speaker, highly regarded for his keynote and breakout presentations at conferences and workshops. Whether he's delivering a motivational speech or a wellness seminar, his energetic speaking style engages audiences with thought-provoking questions as he provides common-sense recommendations for those in attendance. Dr. Quatrochi currently holds a position as Professor of Human Performance, and Sport, at the Metropolitan State College of Denver.

GET OUT OF YOUR WAY! - Wellness Myths and Facts

If you're like most Americans, you may be your own worst enemy when it comes to practicing positive health behaviors. Media images and misinformation are very influential in our decision making regarding our physical activity, stress management and eating behaviors. In this session, Dr. Quatrochi will dispel myths that will empower you to make simple lifestyle changes that can lead incredible improvements in your health. Let him help you "get out of your way!"

"I want to thank you for such an engaging and enlightening presentation last week. I truly appreciate your energy and personal insights. The passion you possess certainly shines through. It is my opinion you touched the lives of the Maxtor employees who attended in a profound way. Your presentation was exactly what I needed to reset my mental compass."

Pamela Reinhardt, Maxtor Inc.

"I congratulate you on your dedication to providing information that challenges the way we think about fitness as it relates to the overweight and/or obese. The research you've compiled and your credentials make this a compelling session and I highly recommend it."

Joan K. Brucha

Physical Activity Coordinator - Colorado Physical Activity and Nutrition Program

"Dr. Joe's presentation was both entertaining and informative, he brought a great deal of insight to our audience and we hope to have him back in the future- I would highly recommend Dr. Joe Quatrochi"

Michelle Meyer, Director of Meetings

"Thank you for your commitment to helping people believe health and wellness is within their reach and not something only available to athletes and 'health nuts'".

Theresa Stevens

Independent Personal Trainer



CLIENTS INCLUDE:

AOL Health
American College of Sports Medicine
American Heart Association
Arrow Electronics, Inc.
Association of Washington Cities
Breakthrough Health & Fitness, Inc.
Boulder Valley School District
Colorado Assn of Senior Centers
City of Olympia, Washington
Colorado Department of Public Health
Colorado Parks & Recreation Assn
Concordia College
Coors Brewing Company
Denver Parks and Recreation
Denver Public School District
eFIT.com
Exerfun, Inc.
Fitness Resources, Inc
GYMAMERICA.com
HealthBreak, Inc.
Heart Zones, Inc.
Intrepid Potash, Inc.
Lovelace Respiratory Research Institute
Maxtor, Inc.
Moody Insurance, Inc.
National Electronics Distributors Assn
National Orientation Directors Assn
National Assn of Purchasing Managers
North Dakota State University
Planet Fitness, Inc.
Presbyterian Healthcare Services
Qwest
Sandia National Laboratories
Southern Utah University
St. Francis Medical Center
WebMD
WELCOA -Wellness Councils of America

Additional Presentation Topics

- Make it Happen! Life Lessons on Leadership and Wellness
- Fit and Fat: Possibility or Oxymoron?
- Live Well so you can Live Longer? Are You Focusing on the Wrong Target?
- Managing Stress – Improving Health
- Physical Activity for Health Promotion – How Much is Enough?
- Cancer Prevention – Self-Exams are Not for Women Only!
- Understanding Heart Disease and Prevention
- Weight Control Myths and Facts: Common Sense Guidelines for All of Us

*dozens of other topics available upon request

About Joe Quatrochi, Ph.D.

Dr. Quatrochi currently holds a position as Professor of Human Performance and Sport (HPS) at Metropolitan State College of Denver. He coordinates the Adult Fitness and Exercise Science major in the HPS department. His academic preparation includes an undergraduate degree in Physical Education, and post-graduate degrees in Exercise Physiology (M.S.) and Health Promotion (Ph.D.). He maintains a Health/Fitness Specialist certification from the American College of Sports Medicine. Dr. Quatrochi's primary research interest lies in the area of physical activity for the promotion of health and the prevention of disease.

His professional experiences include extensive activity in worksite health promotion and physical activity programs for adults, seniors/retirees, athletes and public service professionals (firefighters, security inspectors). He has published several articles and chapters in books. In addition, as a professional speaker, Dr. Quatrochi has delivered many presentations to various professional, private and public groups on numerous health/fitness related topics. Most recently, Dr. Quatrochi has shared his experiences as a (testicular) cancer survivor. Specifically, his motivational speeches now integrate the lessons learned in his struggle with cancer with common sense lifestyle recommendations to promote self-responsibility and wellness.

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FOR MORE INFORMATION

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