



CHRIS JOHNSON

Founder/CEO, On Target Living®

For over 30 years, Chris Johnson has been empowering people and organizations to feel their best through his REST | EAT | MOVE methodology. As an International Speaker, Thought Leader, Best-selling author, and host of the On Target Living Podcast, Chris travels the world helping people expand their Human Capacity by improving their health.

Chris is here today, not only to guide and to motivate you...but he wants you to take action. He truly believes that every single person in this room has limitless potential, once they learn to feel their best!

Now, please help me welcome one of the world's leading experts on Health & Human Performance - **Chris Johnson!**