



Meet ...

Lisa Anne Leslie CCN

"Lisa's program changed my life!"

"Wow! Just watching Lisa energized me!"

"Lisa is an inspiration!"

Health and wellness expert, Lisa Anne Leslie, is a dynamic, high-energy speaker, who educates, motivates, and inspires others to perform at their peak—physically, mentally, emotionally, and spiritually.

Originally from Brisbane, Australia, Lisa's passion for empowering others to reach their full potential has led her to North America, where she embarked on a life-changing career in health and wellness. Lisa has worked with the top names in her field. While residing in British Columbia, Canada from 1997 to 1999, Lisa worked alongside Dr. Michael Colgan, PhD, CCN—world-renowned anti-aging research scientist—at his training and assessment facility on Salt Spring Island, where she conducted biomarker of aging analysis for international clients and presented seminars at sports nutrition and anti-aging training camps. Lisa also worked alongside Olympic Trainer and professional speaker, Joe Dillon, from 1999-2001.

Since January 2001, Lisa has been author and presenter of the *Energize Your Life!*, *Producing Peak Performance*; *Protect Your Memory*; *Save Your Brain*, and *Health Wisdom for Women* programs for Nutriscience Corporation (d.b.a. Energyfirst). She is a sought-after keynote speaker at professional and executive conferences and a highly regarded consultant for corporate wellness programs—energizing sales and management teams across the nation. She also works one-on-one with individuals, helping them to achieve their health and fitness goals.

In 2001, Lisa developed, in conjunction with nationally recognized physical therapists, a weight management and health enhancement program called the *Genesis Program*, which is being implemented in physical therapy clinics and free-standing clinics across North America. In 2003, Lisa authored *The EnergyFirst Program Practical Guidebook: Your Practical Guide to a Lean, High Energy Lifestyle*, and *The Energyfirst Success Journal*. She contributes regularly to *The Dental Genius* and *The Profitable Dentist* newsletters and has been featured on Caesy Education Systems continuing education series for dentists.

With an abundance of passion and energy for life, and a keen desire to share that with others, Lisa's mission is to be the change she would like to see in the world.