OPTIMIZE YOUR ENERGY & BECOME SUPERHUMAN WITH PRECISION & STYLE

JULIAN HAYES II

BIO

My name is Julian Hayes II, and I am the founder of The Art Of Fitness & Life. I help business leaders and entrepreneurs optimize their health, energy, and personal performance with precision by leveraging their genetics.

My expertise lies in helping my clients create custom health and wellness plans that are based on data, genetic testing and analysis, body composition tests,cognitive testing, brain scans and lifestyle assessments. By leveraging the information obtained from multiple precision based tests, i am able to help my clients undergo a comprehensive upgrade to every aspect of their lives so they can achieve and sustain peak physiological and cognitive performance.

As a result of my work at **The Art Of Fitness & Life**, I have been invited to speak at several conferences and provide advice on media outlets like Inc, Entrepreneur, Success, Business Insider, Elite Daily, and more. I look forward to serving your audience by teaching them strategies and tactics that will help them improve their physical and mental abilities so they can become superhuman and live happier, more productive and successful lives.

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AREAS OF VALUE FOR YOUR LISTENERS

- How I disappointed my friends and family by dropping out of medical school and leaving a potentially promising medical career to pursue my dreams and serve the world in my unique way
- The truth about epigenetics and why you need to leverage your genetics when creating a health and wellness plan
- How to build your body and mind like a successful Fortune 500 company
- How to have a biological age that is 10 to 15 years younger than your chronological age
- Why your energy levels play a significant role in optimizing your life for peak performance
- What peak performers and elite athletes know about physical and mental fitness that 90% of personal trainers don't know.

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