Mark Cofano

Nationally-Recognized Expert on Reverse Aging and Longevity for Executives

📍 Scottsdale, Arizona

ABOUT

BOOK ME AND HELP YOUR EXECUTIVES REVERSE FUNCTIONAL AGE, PERFORM BETTER AND LAST LONGER!

In 2018 at 62, I was very overweight, and had very little muscle. I was a sick, exhausted executive who was headed in the wrong direction. Using my deep understanding of science and biology, coupled with my relentless focus on reclaming my health, I lost 90 pounds of fat, while gaining 25 pounds of muscle. Today at 71, I'm in the best shape of my life. I function as a 45 year-old, and continue to reverse my functional age. My passion is helping women and men executives, 45+, recover their health, adding highly-productive and enjoyable years to their career.

I'm a RARE EXPERT SPEAKER offering personal proof that reverse-aging is possible for those age 60 and up!

Over the past 8 years, I discovered something amazing! The idea of losing health as we age is a cruel lie. This lie when told, infects us with an aging "virus." It's the lie we're all taught to believe when we're children. " As you become older you become weak, sick and die." No!

By age 10, we're certain that as we age, it's normal to lose our flexibility, strength, and passion for life. This belief is very damaging! By the time we're 50, our bodies start falling apart. You'll be excited to know that it's never too late to fix things! My humorous, exciting and compelling story offers life and career changing tips. I demonstrate that when we stop believing the Aging Lie, we open the door to many more healthy years, profit for the executive and employer, and a much happier and fulfilling life.

Executives that hear me speak learn the basics of Executive Reverse Aging. They'll become more energetic, productive and enjoy longer and more fulfilling, profitable careers. Companies that employ many executives learn to create an environment that prevents Executive Aging. I also explain how to keep your executives performing at peak ability, while avoiding the costly drain on the business bottom line that comes when executives must be replaced.

markcofanospeaks.com

linkedin.com

EXPERT IN

- Aging
- Reverse Aging
- Longevity
- Executive
- Leadership

SPEAKING TOPICS

- **HEALTH**
- **WOMEN IN LEADERSHIP**
- **WOMEN'S HEALTH**
- **PROFESSIONAL DEVELOPMENT**
- **WOMEN IN BUSINESS**
- **MENS EMPOWERMENT**
- **MEN'S EVENTS**
- **MANAGEMENT**
- **CORPORATE CULTURE**
- **COACHING - EXECUTIVE**

FEES & TRAVEL

In-Person: $2,500 – $25,000
Virtual: $1,000 – $5,000
Available for select complimentary engagements.
Travel: National

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