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Sean Foy is an internationally renowned authority on fitness, weight management and healthy living. Foy is the founder of Stronger U Academy as well as the author and creator of the proven metabolic makeover book *The Burst Workout* and co-author of the #1 New York Times bestseller *The Daniel Plan*. Foy is also the co-creator of the Wellness Council of America's national "On the Move" initiative, inspiring and training over 200,000 employees and hundreds of companies throughout the United States. Appearing on ABC, NBC, FOX, CBS and other popular national television outlets, Foy has spent the last 30 years testing, researching and sharing his findings on how to crack the code to making fitness work and how to move employee and organizational potential. With an upbeat, positive and sensible approach to making wellness and fitness simple, he has taken his message of "Fitness @ the Speed of Life" all over the world.