

bravo! wellness

● for the best performance of your life

As an accomplished executive, **Jodi Krizer Graber** brings a tremendous amount of knowledge, enthusiasm and energy to her nutrition and wellness seminars. She is passionate about sharing her proven strategies for incorporating healthy habits into an individual's daily life. In every seminar, Jodi draws upon her educational background, professional insights and personal experience to share the latest in nutrition information, mind/body/spirit research and stress management resources with her audience. Jodi's goal is to empower the attendees to live their best life and feel confident to perform at their best every day and in all aspects of their lives.



About Jodi Graber

Jodi Krizer Graber is a nutrition expert, wellness authority and supportive coach. She specializes in stress management techniques examined through nutrition and lifestyle lenses. She is a graduate of the Newhouse School of Public Communications at Syracuse University and holds a master's degree from New York University. After 20 years as an arts executive in New York City, Jodi received her certification as a holistic health counselor because she saw a need for wellness coaching for busy professionals. She completed post-graduate work at Columbia University's Institute for Integrative Nutrition and founded Bravo! Wellness, LLC in April 2008.

Popular Topics

Health is Wealth

- Why you must regard your well-being as your most important asset (no ifs, ands or buck\$)
- The truth about junk food and why it is really more expensive than nutritious offerings
- How to read a food label to find offensive ingredients that could cost you money

Life is not a dress rehearsal: How to adopt nourishing habits now to live your best life ever

- Learn how simple changes to your food choices can boost your energy levels dramatically
- Four foods to avoid to alleviate common medical conditions such as high blood pressure, high cholesterol, diabetes and more
- Determine if food allergies are secretly wreaking havoc on your immune system

Stress Management: The *essential* Bravo! Wellness Tool Kit for worrying less and relaxing more

- Two-minute breathing technique to immediately reduce your stress
- Learn what to eat before an important presentation to keep you calm and focused
- Proven strategies for "finding" time in your busy schedule to relax

Energize Your Life: Five Proven Strategies for Busy Professionals to boost their energy at work and tackle their to-do list

- The best quick breakfast choices to get you going, even early in the morning
- What you must eat as a mid-afternoon snack to keep your brain sharp
- How to make yourself your #1 priority

Nutrition for Dancers: The *essential* dance bag full of nutritious and delicious foods to keep your body and mind performance ready

- Anti-inflammatory foods to eat regularly
- The one ingredient to avoid to keep your immune system ready for the stage
- What you must do every day to look and feel your best

To book Jodi to speak at your next event:

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