

Dan Miller



Dan is an internationally renowned nutrition and fitness expert; developing wellness and nutrition programs for busy executives, brides-to-be, and families. He has presented his health and wellness strategies to thousands of executives world-wide; helping them to live longer and healthier lives, reduce healthcare costs, and achieve greater personal and workplace productivity. Dan's engaging, interactive style has inspired thousands to achieve permanent, life-changing results. His message has impacted individuals, families, executives and private groups. In 2015, Dan was featured at the Vistage International Speaker Showcase.

Holding Master's degrees in Business Administration; Strategic Leadership; and Project Management, Dan's education transcends nutrition, allowing him to identify with the challenges faced by today's busy executives. In addition to running his own company, he has also served as an adjunct professor at the University of Mary's School of Business in Bismarck, ND.

As a Certified Nutrition Coach through the International Board of Nutrition & Fitness Coaching (IBNFC), Dan is a member of the Venice Nutrition Coaches Network. His nutrition programs, based on blood-sugar stabilization and macro-nutrient balance, are designed to permanently end dieting. While Dan (an omnivore) works with a wide range of clients, his high protein, gluten-free, vegan recipes are featured in Mark Macdonald's New York Times Bestselling book "Why Kids Make You Fat...and how to get your body back."

Busy executives and leaders around the world understand the importance of protecting their business assets (money, investments, people, equipment, etc.) but rarely do they apply this same concept to their most important asset: their health. Dan's high-energy, engaging presentation merges science-based concepts, caveman DNA, and a little humor to provide real-world, immediately implementable steps to help you start protecting your biggest asset today. He has chosen the six most influential areas of health and wellness and compressed them into easy, actionable steps that require less than 6 hours per week to effectively implement. These concepts are so eloquently simple, yet extremely effective, that they have been used by executives to lose 76 lbs. in 9 months, reduce work stress, increase team effectiveness and focus, improve family life, and more.

Dan is a former Guinness World Endurance Record holder for the 48-hour treadmill marathon event. In addition to being a world leader in nutrition and fitness, he is a 30-year veteran of the martial arts. He has practiced, coached, and studied many disciplines including Jiu Jitsu, Krav Maga, and Tae Kwon Do.