



# Achieve Your Big Audacious Goals

*Think Outside the Box, Move Beyond Your Comfort Zone with Incredible Results*

A compelling speaker and storyteller with over 1000 clients to his credit, Rami is a sought-after presenter for health-related issues and commerce growth within corporations, businesses and NPOs. An astute businessman, Rami successfully built and sold his company and has now stepped into the training and consulting arena, helping individuals and companies achieve greater goals than they thought possible.

Rami is also available to speak to churches, Christian schools, synagogues, men's and women's groups, enlightenment groups/conferences, health and fitness, holistic retreats, etc.

## Signature Talks for Keynotes and Lunch & Learns Include:

- ❖ **QUIET the Noise:** the Divine Connection That Will Center, Focus and Motivate.
- ❖ **Goal Setting:** Achieve Your Big Hairy Audacious Goals!
- ❖ **Step Off the Spinning Wheel:** Tune into Your Body's Intuition.
- ❖ **The Fight/Flight Addiction:** Take a Much-Needed Technology Break.
- ❖ **From Rags to Riches to Rags to Riches:** Start and Build Your Sellable Business.
- ❖ **Rami's Latest & Greatest:** On Health, Nutrition, and Operative Function.

## Rami F. Odeh, MS, HFS

Motivational Speaker  
Coach • Author  
Health and Fitness Expert

Rami Odeh is the Founder of FormWell Personal Fitness Training, a personal training company founded in 1999. In the 20 years Rami owned the business, FormWell helped over 5000 clients achieve their exercise and weight loss goals.

With dual master's degrees in Industrial Psychology and Exercise Physiology, Rami Odeh is certified by the American College of Sports Medicine as a Health and Fitness Specialist. Rami worked with Northside Hospital in Atlanta, GA, for more than 11 years as an Exercise Physiologist in the Outpatient Weight Reduction Clinic and the Diabetes Education Department.

Rami is also an amateur triathlete, trail runner and obstacle course competitor; having completed over 300 endurance events (including Ironman Florida, multiple 1/2 Ironmans, and on-and-off-road marathons) since 1992. His current challenge is running off-road ultramarathons; he finished his first in 2009 and finished his first 100 mile run in late 2012 (in 26 hours and 52 minutes).

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Rami gave life to our health & wellness program as we were struggling with the employee engagement aspect. He was able to educate our employees regarding the significance of "knowing your numbers" and creating the "Why" factor...

...we have seen tremendous results in our employees visually (weight loss, muscle gain, etc.) as well as improvement with their biometric screenings. Some have even become mentors for others. Best decision we ever made was making Rami our company's personal health coach!

*-Dennis & Andy Weyenberg, Resource Alliance, Inc*

## QUIET THE NOISE:

*A Trail Runner's Path To Hearing God*

Do you have trouble quieting the noise in your head? Is it tough for you to pray in a traditional format because thoughts, anxiety, and stress keep distracting you? Have you ever found peace from this while in nature?

*Quiet the Noise* is about much more than running. It is more a spiritual and religious awakening that occurred once Rami took his passion for endurance events off road and into nature.

Rami's book series offers a percentage of all sales to the homeless.

