

Rosie Bank

Speaker, Author,  
Board Certified

Integrative Nutrition Health Coach

Rosie Bank has been speaking and facilitating groups and individuals since 1973. Her expertise is Health and Wellness, specializing in inspiring busy professionals to get lasting and astonishing results in their productivity, confidence, as well as personal energy and vitality.

Rosie is the author of [HEALTH MATTERS, 52 Ways to Get Your Body To Love You Back](#).

She is also a Toastmaster and international speaker.

[Hear Rosie speak here.](#)



**Rosie leads her audience to:**

- Connect the dots between taking care of their health and increased productivity.
- Know what steps to take immediately to get relief from too much stress and being hooked on the wrong kinds of food.
- Know the five P's to optimizing their health to feel better, look better, have more energy, and (for some) to lose weight.

**Formats available:** Keynote presentations, lunch-and-learn, guest interviewee, breakout sessions, extended on-site courses.



*Rosie's most popular speeches:*

Health is Everyone's Business  
Breaking the Stress Cycle  
Meditation and Mindful Eating

**Praise for Rosie's presentations...**

The members of Greater San Mateo Club were most grateful for the stimulating talk you gave yesterday. You are a very effective speaker and educator.

Gerry Weisst

President & Secretary Kiwanis Club of Greater San Mateo

Rosie Bank is an expert on health. She has an extraordinary ability to connect with the audience, stay completely focused, and deliver quality information.

Eric Lofholm, founder Eric Lofholm International

[www.saleschampion.com](http://www.saleschampion.com)

Thank you for your excellent presentation to the Burlingame Lions Club. You got us excited about life and to think about ways to keep our "quality of life" at the best level possible.

Glenn Mendolson, V.P. Burlingame Lions

<http://burlingameca.lionwap.org/>

Rosie Bank has that rare ability to immediately connect with her audience. Her warmth and sincerity, coupled with her straight-forward presentation style, makes her attendees active listeners and involved learners.

Tom Jung

Program Coordinator, Vocational and Community Education  
San Mateo Adult School

Rosie is an inspirational speaker. She instantly connects with her audience and inspires them throughout her presentation. She delivers overwhelming value and she leaves her audience wanting more. I highly recommend Rosie to speak at your organization.

Arvee Robinson, Founder Instant Pro Speaker

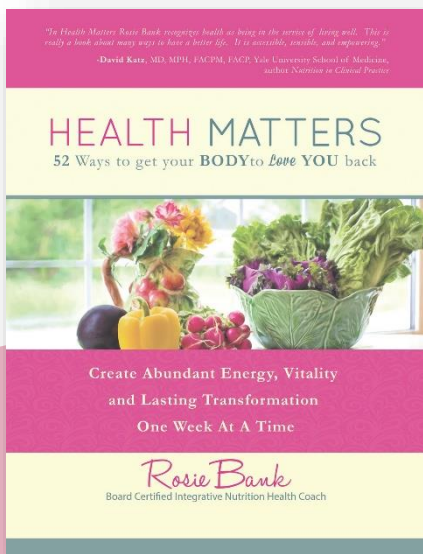
[www.instantprospeaker.com](http://www.instantprospeaker.com)

To have Rosie speak to your organization:

[www.rosiebank.com](http://www.rosiebank.com)

[rosie@rosiebank.com](mailto:rosie@rosiebank.com)

650-740-9500



## Partial List of Clients:

- Foster City Chamber of Commerce
- San Mateo Adult School
- Rolf Institute
- Burlingame Lion's Club
- TriVeta Inc.
- Successful Thinkers
- USANA Health Sciences
- Kennedy-Glazer
- Phase2Careers
- Body Therapy Center
- Networking University
- Eric Lofholm International
- San Mateo Chamber of Commerce
- Ohlone College
- LFS Asset Group
- Kiwanis Club
- Dr. Liz Lyster
- USANA Headquarters (Sydney)
- Rancho La Puerta (Mexico)

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[www.HealthMattersBook.com](http://www.HealthMattersBook.com)

Rosie Bank has been helping people live more successfully in their bodies since the mid-1970's. Her audiences and students can relate to Rosie because she overcame a long struggle with a life-threatening eating disorder and a variety of serious health issues. Rosie became a Health Coach in 1999 to help others enjoy life free from the burden of not enough energy and too much weight and fear. Rosie's clients, students, and audiences are busy professionals who desperately need to restore their health in order to enjoy a life of freedom, peace, and high achievement. Rosie is a graduate of the Rolf Institute, the Iyengar Yoga Institute, Klemmer Leadership, and the Institute for Integrative Nutrition.