

# Tony Horton - Topic Descriptions

---

## 11 LAWS THAT WILL CHANGE YOUR LIFE

Tony's most requested keynote, "11 Laws that Will Change Your Life", is based on his best-selling book, *The Big Picture*. In this presentation, Tony brings his energetic style and shares his formula for success outside of the gym. Tony created his 11 Laws as the basis of his best-selling fitness program - P90X - and here he will show his audience how to apply them to the rest of their lives for instant and dramatic change.

Tony helps his audience identify the life they want and walks them through the path to creating it. With his unique style, humor and enthusiasm, it's guaranteed that Tony will have a lasting impact on his audience, who will feel inspired and empowered by his speech. Tony uses eye-opening examples from his own journey and as well as uplifting stories from people he met along the way: from his celebrity clients to everyday heroes.

### ***Audiences will learn:***

- How to Apply Tony's signature mantra, "Do your best and forget the rest!" to their lives
  - Ways to find their purpose
  - How to create a plan and stick to it
  - How to use consistency, intensity and variety to their advantage
  - What it means to stay flexible and how to achieve it
  - How to recharge and harness the power of mindfulness
- 

## REVIVE AND THRIVE

In this presentation, Tony walks his audience through an interactive self-discovery journey, to find their own purpose in leading a healthy lifestyle. Revive and Thrive goes in-depth about the importance of fitness, nutrition, supplementation, mindfulness and how to implement these principles into your life. Tony demonstrates how to navigate through personal limits and failures, and how to discover new possibilities in life.

Tony gives practical advice on how and what to eat, the benefits of certain supplements, the importance of mindfulness practices, what type of exercise to do, and how to generally have more fun in life. Revive and Thrive presses the audience to reflect on their lives, learn more about themselves, and transform in aspects they never saw possible.

### ***Audiences will learn:***

- How to find your WHY, the inner drive that will help you stick to your healthy routines
- The importance of fitness, nutrition, supplementation, mindfulness and rest
- About certain supplements and vitamins and their effect on your body
- How mindful eating can help you regulate your weight
- The importance of rest and recovery
- How to be mindful: techniques for stress and anxiety that can be applied to everyday life
- How to get organized in every aspect of your life, from decluttering to relationships