



► Lifestyle ► Balance ► Excellence

Billy The Coach

Billy has helped me to manage stress while turning around a very difficult business situation. He has made me realize that all aspects of one's life circle back to the management of one's body. He has played an instrumental role in my being able to meet and beat life's challenges both professionally and personally.

— Alan Colman
CEO, Atsco Footwear, LLC

Health Strategist Speaker

Captivating Presentations That Inspire Audiences to Take Action

Billy's unique presentations are designed with one outcome in mind – to help you excel at pursuing the life that you desire! He transforms audiences with his fundamental teachings on how physical fitness is the greatest propellant that one can have in their lives.

As an Executive Health Strategist, Billy guides his audiences to an understanding of what physical fitness is truly about; not what you weigh, but your ability to create the life of your choice. His passion for your success creates the opportunity for you, not corporate stress, to determine your future.

Hire **Billy The Coach**
to speak at your next event.

603.580.4708



- **Stress Solutions...**
Remedies and Results
- **Surviving Technology...**
Health in the Digital Age
- **Simply Fit for Executives...**
The Basics of Exercise and Nutrition
- **Healthy Living...**
The Next American Frontier
- **The Engines of Excellence**

Billy Sheehan
Executive Health Strategist
President & Founder of Billy The Coach, Inc.

“ Billy The Coach is the most motivational person I have ever met. ”

— Stan Straube
President, Straube Associates



Billy The Coach

EXECUTIVE Health Strategist

Positioning you to excel for the long-run

“ Physical fitness is not the goal we seek—
it’s the tool we use to extract the very best
performance of which we are capable. ”

- Billy Sheehan

As an Executive Health Strategist, Billy Sheehan reengineers your relationship with physical fitness. By improving your relationship with physical fitness, your productivity, time management and energy will see dramatic improvement!

Leveraging more than 25 years of fitness industry experience, Billy works with time challenged executives and professionals to improve their exercise, nutrition and stress management skills. The resulting balance between personal health and professional performance creates the optimal environment for achieving the highest levels of long-term business success.

Billy The Coach

BILLY SHEEHAN, EXECUTIVE HEALTH STRATEGIST™

603.580.4708

“ I have been working with Billy for eight years both with personal training and have used him to speak to hundreds of my clients at a time. **He has had a profound impact on my life.** As a result of his effort and input, **I am in better health than I was 25 years ago.** ”
If you want to live longer in better health, I suggest you work with Billy the Coach.

— Robert Bohlen
Board Chairman, Preview Properties

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