

Cindy Heroux, RD

Cindy is a nationally acclaimed speaker and wellness expert with a background in business development and communications. An inspiring coach who works with senior executives, competitive athletes and performers, Cindy specializes in helping individuals and organizations take a proactive approach to health, work-life balance and maximizing performance.

Author of *The Manual That Should Have Come With Your Body*, a Registered Dietitian and a professional member of the National Speakers Association, Cindy energizes and empowers audiences as a keynote speaker and frequent guest expert on television, radio and in print. Excelling at the translation of complex medical data into user-friendly, actionable information, she writes for numerous publications including medical supplements to *USA Today*.

With over 25 years of experience in sales, marketing and business development, Cindy is founder of *Speaking of Wellness*, a consulting company that provides strategic planning, technical support, subject matter expertise and communications services to large corporations as well as small businesses, government agencies and professional associations.

Cindy is a graduate of Rutgers University and a former adjunct faculty member of Seminole State College. She also developed the nutrition curriculum for The School of Complimentary Medicine.

Along with helping others improve the quality of their lives and increase the success of their organizations, Cindy enjoys sailing, dancing, skiing, and traveling the world with her husband and two daughters.

The Human Performance Institute, a Division of Wellness & Prevention, Inc., a Johnson & Johnson company, is the pioneer in delivering a science-based energy management training solution to achieve sustained high performance based on over 30 years of proprietary research and working with elite performers including Olympic gold medalists, military Special Forces, Hostage Rescue teams, surgeons, and Fortune 500 CEOs. In 2011 alone, executives from 25 of the Fortune 100 companies participated in the Institute's Corporate Athlete® training.

