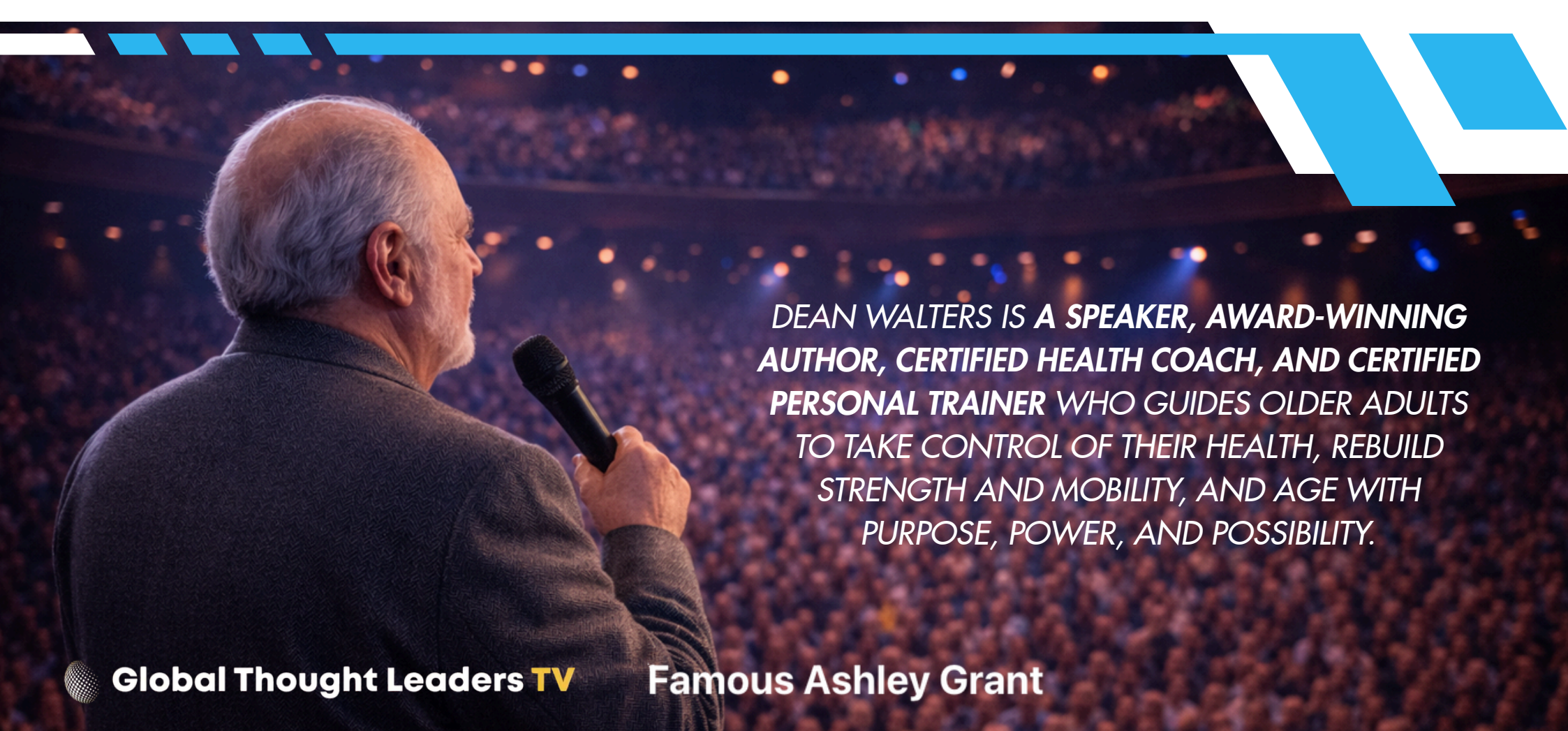


DEAN

WALTERS

TAKE CONTROL OF YOUR HEALTH. OWN YOUR FUTURE.

A photograph of Dean Walters, an older man with white hair and a beard, wearing a dark suit jacket. He is seen from the side, holding a black microphone and speaking to a large, blurred audience in a dark arena with blue and white lights. The background is filled with the silhouettes of many people.

DEAN WALTERS IS A SPEAKER, AWARD-WINNING AUTHOR, CERTIFIED HEALTH COACH, AND CERTIFIED PERSONAL TRAINER WHO GUIDES OLDER ADULTS TO TAKE CONTROL OF THEIR HEALTH, REBUILD STRENGTH AND MOBILITY, AND AGE WITH PURPOSE, POWER, AND POSSIBILITY.

Global Thought Leaders TV

Famous Ashley Grant

About Dean Walters

Dean Walters was living what looked like a storybook life as a professional opera and musical theatre performer, conductor, and producer, traveling across the U.S. and the world and performing with organizations including the San Francisco Opera. But behind the curtain, nearly 20 years of prednisone use for chronic asthma had taken a devastating toll on his body, resulting in osteoporosis, a 140-pound weight gain, liver function issues, cataracts, and connective tissue weakening.

In 2009, everything came to a halt when bilateral quadriceps ruptures left him in a hospital bed for seven weeks, dependent on his aging parents for care. In that moment, Dean made a decision that would redefine his life: he would do everything in his power to take back responsibility for his health and help others do the same.

That decision led him into a powerful second act. Today, Dean is a Certified Integrative Nutrition Health Coach with multiple ISSA certifications, including Senior Fitness, Corrective Exercise, Fitness Nutrition, and Weight Management.

He now helps older adults challenge the belief that decline is an inevitable part of aging and instead reclaim their strength, energy, confidence, and independence through his methodology of mobility, movement, strength training, nutrition, hydration, and self-image.

Dean's authority is rooted not only in professional training, but in personal transformation. He successfully came off prednisone after nearly two decades, lost half of the weight he had gained, restored his liver function to normal, and improved his bone health from severe fracture risk in his hips and lower spine to no longer even having osteopenia.

He is also the author of *Unfinished Business – the No-Excuse Blueprint for Aging with Purpose, Power and Possibilities*, which received the International Impact Book Award in the Health category.

Today, Dean's mission is clear: to inspire older adults to stop accepting aging decline as their future and to start building lives marked by strength, purpose, and possibility. He is passionate about helping people increase their health span so it more closely matches their life span, allowing them to continue thriving and contributing for as long as possible.

Dean has been married to Sandy for 29 years and is a proud father and grandfather. Together, they enjoy walking, hiking, kayaking, traveling, and exploring. His personal passions also include strength training and woodworking.

I GUIDE ADULTS 60 AND OVER TO STOP ACCEPTING DECLINE AS INEVITABLE AND RECLAIM THEIR STRENGTH, CONFIDENCE, AND PURPOSE THROUGH TRAINING, NUTRITION, AND MINDSET COACHING.

SPEAKER TOPICS

TAKE BACK YOUR HEALTH. OWN YOUR FUTURE. (AGING WITH PURPOSE, POWER & POSSIBILITIES)

What if aging wasn't a slow decline, but a powerful invitation to rise? This talk challenges outdated beliefs about getting older and shows audiences how to take ownership of their health, expand what they believe is possible, and step into the future with strength, purpose, and confidence.

KEEP YOUR PARENTS STRONG, SAFE & INDEPENDENT (DON'T INHERIT THE CRISIS)

Watching parents age can feel emotional and overwhelming. This talk helps families take thoughtful, proactive steps to support their loved ones before crisis hits, so they can preserve independence, increase safety, and navigate this season with more clarity and confidence.

CONTACT INFORMATION

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