



INTRODUCTION

(To be read by the person introducing Regan at your event)

Regan Birr is an award-winning entrepreneur, author, and creator of the TV show "Regan MOVES: Fitness for People with Challenges". Regan shares the key elements that lifted her up and moved her forward during a serious health challenge. She is the founder and executive director of the Lupus Research Foundation, and is a lupus and arthritis patient herself.

For 11 years after her diagnosis, Regan worked as a patent agent. But perhaps her proudest moment as a mechanical engineer was designing her low-torque exercise program. Regan went from using a cane to competing nationally with her husband Todd in the Olympic ice sport of curling. She believes we *can* move past our limitations and have the life we want – in work and at home – driven by the belief that repeatability is the key to personal growth.

She lives in Minnesota and enjoys winter sports, but still remembers those hot summer days farming in her hometown in northern Saskatchewan. Her clients include Fortune Global 500 company Itochu, NASA, and Medical University of South Carolina, and now (INSERT YOUR COMPANY NAME HERE!)

Please help me welcome...Regan Birr!



For booking information please contact Regan:

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