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Jenny Evans

Ms. Evans is a speaker, author and on-air expert on resiliency, stress, performance, exercise physiology, nutrition and health. She is the founder and CEO of PowerHouse Performance and author of the best-selling book *The Resiliency rEvolution: Your Stress Solution for Life—60 Seconds at a Time*. Working with thousands of C-suite executives, leaders and employees worldwide, her dynamic presentations inspire and educate audiences to increase their capacity for stress and to recover from it more quickly and effectively. Clients improve their performance and productivity, all while enhancing their health. Jenny's corporate client list includes Procter & Gamble, The Estée Lauder Companies, Yale School of Management, AT&T, Target, Comcast, Nationwide, Ameriprise Financial and many other Fortune 500 companies. She is also the creator of PowerHouse Hit the Deck™—the ultimate tool for combating stress and increasing fitness.

Further, Jenny serves on many advisory boards, writes as a blogger for The Huffington Post and was NBC KARE 11's Health & Fitness expert for over four years. She has also been featured on National Public Radio, Inc.com, FastCompany.com, Entrepreneur.com as well as in Shape, Elle, Women's Health, Redbook and Woman's World.

Jenny holds a Bachelor of Science in Kinesiology with an emphasis on Psychology from the University of Minnesota, has been an American Council on Exercise Certified Personal Trainer and Group Fitness Instructor for over 20 years, and is a certified Exercise Nutritionist. In her spare time she is a competitive athlete, races duathlons and is an aerial arts performer.