



Judy Gaman

Judy Gaman is an award-winning author, public speaker, and CEO of Executive Medicine of Texas. She's spent nearly a decade offering advice on longevity and vitality as a voice of *The Staying Young Radio Show*, which was nationally syndicated on 58 stations.

When not working on the podcast *Stay Young America!*, she serves as a healthy living expert for Fox News and other media outlets. Judy is a five-time author and has appeared on Fox News Radio, Good Morning Texas and San Diego Living, among numerous other outlets.

Judy also tours as a public speaker, and has been entertaining audiences of all sizes for years. She crafts her presentations around engaging and easy-to-understand concepts including longevity, vitality, and healthy living. Her presentations touch on topics like curing workaholism and burnout, while still being a strong leader.