



Dan Perryman

Hospital CEO & Host of The Low Carb Leader podcast

Suggested Interview Topics

How Keto can Transform Healthcare

Mindset First

The Reality of Turning 50

Bio:

Daniel Perryman is a martial artist, physique competitor, fitness and nutrition enthusiast and host of *The Low Carb Leader* podcast. With over 20 years of hospital executive leadership experience, Dan brings a unique perspective to the health and fitness world. He is a hospital CEO who believes that a low carb nutritional approach can transform the healthcare system. Spending the last 20 years in hospitals, he has seen the devastating effects of chronic health conditions on society and his goal is keep people out of the very hospital he leads.

At 49 years old, Dan believes that his generation is at a real crossroads when it comes to health and wellness; he contends that decisions being made today are determining long-term health and prosperity or sickness and disease. Dan's hope is to influence and educate as many people as possible to choose the better path. He is currently writing a book that focuses on health and wellness at 50 and he plans to publish it on his 50th birthday in December 2017.

Dan is currently the President and CEO of a hospital in Illinois, father of 3, and was once the youngest black belt in Iowa at the age of 11.

Suggested Interview Questions:

1. Why is Keto a four letter word in healthcare?
2. Should hospital CEOs take their shirts off for physique shows?
3. What are the not so obvious reasons you don't want to be sick?
4. What do you mean I should reserve my willpower for wellness?
5. Why shouldn't you join the gym on January 1st?
6. How did the culture of the Marlboro Man affect the health of two generations?

Connect with Dan:

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THE LOW CARB LEADER
WITH DANIEL PERRYMAN

