



Richard Couey, PhD

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Dr. “Dick” Couey is a retired Professor of Health, Human Performance, and Recreation at Baylor University and a member of Transformation’s Advisory Board. He has experience conducting workshops and programs over physical fitness, wellness, weight loss, nutrition, stress management, and enzymes and their relationship to health. Dr. Couey has been in the health and fitness field for over 30 years and has published numerous articles along with 12 books including *Living Longer: Questions You Never Knew to Ask; Answers You Can’t Live Without* which he co-authored with Dr. DicQie Fuller-Looney and *The Super Antioxidant Diet and Nutrition Guide: A Health Plan for the Body, Mind, and Spirit* with Robin Jeep.

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