

A portrait of JR Burgess, a man with a beard and mustache, wearing a light-colored blazer over a plaid shirt and a red tie. He is smiling and looking towards the camera.

JR BURGESS

WORLD-RENOWNED SPEAKER

JR BURGESS
CONSULTING

 **HEALTHOVATORS**
INNOVATING HEALTH & WEALTH

HELPING VISIONARY ENTREPRENEURS BECOME STRATEGIC ACTION TAKERS

RESUME

JR Burgess found his purpose for helping people be free from pain at a young age. As a healthcare consultant he regularly shows his commitment through transparently communicating and being vulnerable on how he has overcome a life of physical and emotional pain. He credits Regenerative, Functional, Lifestyle Medicine and receiving mentorship as the key component in his physical, mental and professional transformation.

In his relentless pursuit of personal and professional growth, **JR has played an integral role in replicating a proven integrated model of care in more than 100 clinics worldwide.** Each clinic aiming at redefining healthcare, empowering medical leaders and patients to co-create health and impact the world.

He is driven to make the greatest contribution by changing the way healthcare can be delivered by implementing restorative medicine protocols, medical marketing and sales, practice management and medical leadership development. Medical professionals and patients need and deserve the time to **listen, connect and co-create a transformative plan of care** together.

JR believes healthcare without personal growth, movement and nutrition as the foundation, is not healthcare. He is a husband, father of four, two-time #1 bestselling author and international speaker.

EXPERIENCE

2019 CURRENT	CEO at HealthOvators
2019 CURRENT	COO at Katalyst Pain Management & Restorative Treatment Center
2012 2019	President/Owner at Med Fit LLC
2009 2019	CEO at Rejuv Medical
2006 2009	Personal Trainer at Gold's Gym
2004 2006	Iron Worker at Phoenix Fabricators
2003 2004	Financial Service Representative at First Investors Corporation



EDUCATION

Master of Science in Sports Management | GPA 3.92
December 2007 | St. Cloud State University, St. Cloud, MN

Bachelor of Science in Sports Management | GPA 3.69
May 2003 | St. Cloud State University, St. Cloud, MN

Associate of Arts Degree in Liberal Art | GPA 3.6
May 2001 | Hibbing Community College, Hibbing, MN

SPEAKING OPPORTUNITIES

MedFit Mastermind | 2014–2019

KEYNOTE SPEAKER

MedFit Summit | 2015–2019

KEYNOTE SPEAKER, FACULTY

Club Industry | 2019

KEYNOTE SPEAKER

Idea World Convention | 2019

SPEAKER

Rejuv Asia | 2018

KEYNOTE SPEAKER

Functional Aging Summit | 2016–2020

SPEAKER

The Medical Fitness Tour | 2017–2020

SPEAKER

"Mindshare" Regenerative Medicine
Special Interest Group | 2017–2019

HOST

American Association of Orthopedic
Medicine | 2015–2019

SPEAKER

American Association of Orthopedic
Executives | 2017–2019

SPEAKER

Academy of Regenerative Practices
Conference | 2017–2019

SPEAKER

Annual International Conference
MFA | 2014, 2017–2018

SPEAKER

JR BURGESS | 1119 MILL CREEK CIR, ST. CLOUD, MN 56303

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AFFORDABLE SUSTAINABLE PROFITABLE

PROFESSIONAL ASSOCIATIONS

- Statewide Health Improvement Program Chair of Board
- Medical Fitness Association Committees
- Functional Aging Institute Board Member
- Medical Fitness Network Advisory Board
- PFP and MedFit Magazine Contributing Author
- St Cloud Area Rugby Board Member
- Professional American Academy of Orthopedic Executives Member

VOLUNTEER OPPORTUNITIES

- Catholic Charities – Community Garden
- Greater St Cloud Development Corporation
- Waite Park Family Fun Fest Committee
- Fellowship of Christian Athletes
- Healthy Living Trail – Development Team
- Real Men Wear Pink – Making Strides Against Breast Cancer

AWARDS

- 2019 Regenexx Top Volume & Per Capita Stem Cell Cases
- 2018 Medical Fitness Association Fellowship Award
- 2018 Central Minnesota ChangeMakers Award
- 2015 GSDC Innovation Award
- 2013 FitPro Personal Trainer of the Year Finalist
- 2001 Academic All American In Baseball

SPEAKING OPPORTUNITIES

Spirit 92.9 & WJON | 2014–2019
RADIO HOST

Go Wellness | 2017–2019
SPEAKER

Worldlink Medical | 2017–2018
SPEAKER

GSDC Health & Wellness
Summit | 2014–2018
SPEAKER

Canadian Association of Orthopedic
Medicine | 2016
SPEAKER

Intl Conf. on Tissue Engineering & Regen
Medicine | 2016
SPEAKER

The Wellness Business Summit | 2016
SPEAKER

Functional Medicine Success
Summit | 2016
SPEAKER

AMMG | 2017
SPEAKER

Fitness Business Summit | 2017
SPEAKER

Athletic Business Conference | 2013
SPEAKER

Fellowship of Christian Athletes | 2013
KEYNOTE SPEAKER

Minnesota School of Business | 2013
COMMENCEMENT KEYNOTE

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