Joshua Otero will discuss what is Peak Performance and will demonstrate the five steps to achieving Peak Performance: Execution, mindset, medical, nutritional and physical. Joshua will enumerate each one and help you understand the various levels of stress that people endure. Attendees will leave with a better understanding of the five steps and strategies to improve in each.

Joshua Otero has been a sports technology entrepreneur since 2013. He recently founded NutriGMR, a functional nutrition and performance company. He has 20 years of experience in the business and investment world, and is a lifelong athlete focused on health and wellness. He has dedicated himself to finding the best and newest ways to use technology to improve health, wellness and fitness. He utilizes technology to track and measure performance levels to customize training schedules. He aspires to build a healthy community for Esport athletes.

Tuesday, April 7, 2020
5 - 6 p.m.
HEALab at Taylor Place - Downtown Phoenix campus

RSVP at https://www.eiseverywhere.com/otero

Free to attend. Space is limited.