

Mr. Jeffery B. Johnson, MBA, CAS

Mr. Jeffery Johnson founded Logical Living LLC., in 2014. The goal of Logical Living LLC., is to provide the information and strategies which will result in permanent, positive lifestyle changes. One such program is the A Better Way Lifestyle Management Program. Logical Living LLC., believes that integral to the long-term success of any health and wellness program, the entire person, both their biological and psychological aspects have to be equally addressed. The long-term success depends on not only providing the information and strategies for nutrition and fitness, but the entire process has to be embraced mentally. This mental embrace would require behavior health modification. The core reasons why habits exist and the formation of strategies to address them require an expert to help to discover them.

Mr. Jeffery Johnson has had an interesting path to bring him to his present position at Logical Living LLC., Mr. Johnson was an Analytical/ Environmental Chemist for nearly 10 years. Mr. Johnson then left the field of Chemistry and after receiving the required training, founded the Noirventures Group LLC., an Executive Protection firm that specialized in High Risk Protection. During the 20 years of operation, Mr. Johnson and his firm had the opportunity to work with companies such as Alcatel-Lucent, Greyhound Bus Lines, Zales Corp., and others. Mr. Johnson's firm has provided special protective services to clients ranging from Celebrities and Civic Organizations to Corporate Executives and Professional Baseball Organizations in domestic and international venues. Mr. Johnson has also coordinated protective efforts with the Executive Protective Details of elected officials from multiple states. Mr. Johnson has taken part in Emergency Management Response Roundtable

discussions which included the First Responders for Denver, Colorado. Mr. Johnson has also taken part in Urban Anti-Terrorism Exercises that were held in Denver, Colorado. Mr. Johnson has also closely coordinated protective coverages with the teams of other elected officials on a federal level most notably during the Democratic National Convention in Denver, Co. Mr. Johnson has served as a peace officer for the State of Colorado and is a member of the Anti-Terrorism Accreditation Board (ATAB) and is a Certified Ant-Terrorism Specialist.

Throughout this time, Mr. Johnson has always had an interest in health and wellness as fitness for duty was non-negotiable. It was after the loss of a close relative that Jeff decided to take a look at the existing health and wellness programs which were available.

To be successful at changing one's lifestyle permanently, Mr. Johnson found that a team would be formula for success. The A Better Way Lifestyle Management Program was born. As a healthy tree will yield good fruit, a healthy individual will experience the benefits of improved health to include permanent weight management, improved mental health, resulting in a higher quality of life.

"Building a better you today for tomorrow".