

## Mr. David Geslak - Class of 1999



Mr. Geslak is an Author, Keynote Speaker, and Founder of Exercise Connection & Autism Workforce. He has become recognized as a pioneer in improving the lives of those with autism; first through better fitness and then by creating a new employment model. He is also the author of *The Autism Fitness Handbook*. In 2014, he created ExerciseBuddy, an iPad App, that solves the difficult problems of introducing exercise to individuals with autism. In 2008, he founded and is the President and Autism Fitness Specialist of the Exercise Connection which seeks to educate parents, educators and physicians to be the leaders in health and fitness for children with autism spectrum disorders (ASD).

His mission is to provide parents, families, educators and the autism community exercise programs, products and tools to improve the health and fitness of children and families living with autism spectrum disorders. Mr. Geslak is internationally recognized and has given keynote presentations and workshops to both parents and professionals on how to implement exercise for their children or students with autism in Egypt, Dubai, Barbados, Canada, Russia, Kazakhstan, and South Korea. Two of his prestigious recognitions include winning the 2011 Crain's Chicago Business –Day in the Life of an Entrepreneur Award and in 2005 achieving the status of being a nominee for The Business Ledger's Today's Young Executives Award

When Mr. Geslak was asked about three influences that kept him on the “right track” during high school he said, “Sports, Hinsdale South Teachers and Coaches, and Hinsdale South Friends. Without this group of “Hornets” I know my career and character would be different, and so would my life.”

### **Legacy Message**

“Many of you feel pressured to know what your career should be 20 years from now. Don't pressure yourself, it will be revealed. Opportunities don't knock; they lurk. The key is to be *prepared*. You will have many opportunities, some you may stick with and some may not be right for you. When you find your passion and career prepare yourself by becoming an expert in the field, learning to be flexible, absorbing what others say, and always having integrity in everything you do. Your family, friends, teachers, mentors, bosses and coworkers won't only remember what you did; they will more importantly remember how you *acted* when you did it. Be a difference maker.”