



Michael George

**FITNESS EXPERT, HEALTH COACH, CELEBRITY TRAINER,
SPEAKER AND SEMINAR LEADER**

Categories and Topics



Categories

- Health, Fitness, Wellness
- Self Help & Mental Health
- Life Coach
- Leadership
- Stress Management
- Men's Health
- Aging
- Innovation
- Time Management & Life Balance
- Inspiring lives
- Motivation Sports
- Overcoming Obstacles
- Peak Performance

**FOR MORE INFORMATION,
CONTACT:**

Michael@michaelgeorge.com

Phone: 310-575-3500

Toll Free at 866-644-3834

www.michaelgeorge.com

CELEBRITY TESTIMONIALS

Meg Ryan, Actress

Michael George's strength training techniques and constant motivation prepared me for the most physical role of my career to date. I chose to work with Michael because I knew I would be able to achieve the level of strength and endurance that I needed for this demanding role. I consider Michael to be the consummate professional, and most important, a friend. And he's so funny!

Miguel Ferrer, Actor

Michael George is one tough trainer. I have the results to prove it. His philosophy and exercise programs are unique, challenging and extremely effective. This man really knows his stuff.

Shawn Ashmore, Actor

Michael's adaptive style and approach put me at ease and helped me focus on the goal at hand. He combined a perfect balance of motivation and support to achieve my training needs. On a more personal level he is simply a great guy that's always ready to crack a joke and keep you smiling through your workout!

Sela Ward, Actress

There are hundreds of trainers in Los Angeles, but only one Michael George. I chose Michael because he knows how to achieve results fast and makes working out a pleasure.

Topics

- Art of Weight Management
- Fitness in a Nutshell: The Nuts & Bolts of Healthy Living
- Be your Own Trainer
- How a Healthy Lifestyle Increases Productivity, Performance & Creativity
- Optimal Health Support Mechanisms
- Innovation & Healthy Lifestyle in the Work Place
- Creating a Healthy Lifestyle
- Surrender and Conquer to Win
- Power Tools of Health & Fitness
- Fuel for the Body & Soul: Building Structure, Balance & Priorities
- Principles of Weight Loss & Weight Management
- How to Strategically Live Healthy
- Stress Management Strategies
- Creative Training Program Design
- Environmental Affects on Health

