

# Celebrity Testimonials

## Fitness and Training 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. I have been following his programs for years and never achieved results like this before. This man knows his stuff!"



### **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."



### **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 gut that's always ready to crack a joke and keep you smiling through your workout!"



### **Christian Slater, Actor**

"There was one area of my life that needed some fine-tuning. I wasn't taking care of my body as well as I could. My eating and exercise habits were inconsistent. I met Michael George and we started training together."

Michael wanted me to go through this process of healthy lifestyle transformation where eating and exercising consistently were as much a part of my daily routine as taking a shower. The transformation began without me even knowing it. I started jogging daily and strength training a minimum of three times per week. I ate healthier and watched as my energy levels spiraled upward. Today, I live a healthy and balanced life. I train with Michael three times per week, while jogging and taking Karate lessons on my off days. Michael George provided a key aspect to my lifestyle transformation. I have no doubt that he can inspire people all over the world to change their lifestyle through his words, guidance and compassion. Michael George knows how to transform people's lives. The question is are you ready for the transformation?"