



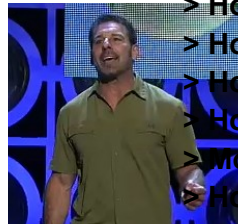
# Michael George

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

## Be Your Own Trainer

### 5 insights to designing your own fitness program

**YOUR AUDIENCE WILL LEARN:**



- > How to set realistic goals and commit to those goals
- > How to design effective and efficient workout programs
- > How to create fun, exciting and challenging exercise routines
- > How much exercise is needed to achieve fitness goals
- > Motivational tactics to exercise consistently
- > How to look and feel the way you always wanted to

#### 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.

Let Fitness Expert, Celebrity Trainer and Health Coach, Michael George transform your life. Michael is a highly passionate, impactful motivational and inspirational speaker because he speaks from the heart and personal experience.

Michael is a highly influential leader in the Health industry and a successful entrepreneur.

He grew up a chubby, overweight kid into his adolescent years, until the pain and despair were so overwhelming that through sheer tenacity and determination he transformed his body through exercise and proper nutrition. He then excelled in sports and athletics, but didn't stop there. Michael then put himself through University to achieve his two degrees in Marketing Management and Communications.

Michael's story is highly inspirational in itself; however, he has now risen to the top ranks of the Health and Wellness industry and is considered an elite leader in the modern world of fitness. Michael is a true Fitness Expert as his career has spanned over 25 years. He has dedicated his life to helping others find the motivation to transfer their own life.

**FOR MORE INFORMATION, CONTACT:**

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