



Michael George

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

Previous Speaking Engagements

<u>Venue</u>	<u>Location</u>	<u>Topic</u>
Wiltern Theater	Los Angeles, CA	E3 Convention
Ubisoft	Montreal, Canada	Your Shape Evolved
State Farm	Chicago, IL	Innovation & Fitness
The Oaks Spa	Ojai, CA	Living a Healthy Lifestyle
Forever Fit	Albany, New York	Fitness in a Nutshell
S Club 7	Los Angeles, CA	Nutrition Principles
Le Tip	Los Angeles, CA	Health & Wellness
Pershing Square (Ready Pac)	Los Angeles, CA	Healthy Eating
Promises Recovery Center	Los Angeles, CA	Fitness & Recovery

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.

MC of Event

<u>Venue</u>	<u>Location</u>	<u>Topic</u>
Forever Fit	Albany, New York	MC
Annual Tanning Salon Convention	Chicago, IL	MC
Pershing Square (Ready Pac)	Los Angeles, CA	MC



**FOR MORE INFORMATION,
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