

Small Group Discussions (break out sessions)

Michael George also offers breakout sessions to discuss the audience's health, wellness, fitness and nutrition needs. This is a great opportunity to have face time with a Fitness Expert. A typical method to categorize these sessions is by fitness level.

Beginner

Intermediate

Specialized Activities

(Groups can be as large as 100 audience members)

Beginner

This discussion will focus on the **beginner** and will encourage you to start looking at fitness and nutrition programs.

These participants want to start a fitness program, but they don't know how. They typically do not have a sport or activity that is their current goal or motivation. They are concerned about the consequences of poor fitness and health. They are most interested in starting and maintaining a good health regimen. Their questions and concerns are focused on home and family activities.

- How do you develop a program that is cost effective, time sensitive, and enjoyable?
- Are there certain exercises that are best for certain ages?
- What are the three most important exercise tips? What are the three most important diet tips?
- What exercises can I do at home that I am not thinking about?

Intermediate

This discussion will focus on current fitness enthusiasts who need guidance. These participants are currently engaged and maintain a fitness regimen. They have more in-depth physical fitness concerns. They are looking for information about achieving high levels of fitness and hitting their own specific goals. They want results beyond what they have already achieved. This conversation will focus on:

- What is the best way to discover sport- specific stretches and techniques?
- How do you increase your metabolism?
- Is it better to mix up your routine?
- What sequence of weights, cardio, and stretching is better or gets better results?

Specialized Activities

This discussion will focus on audience members engaged in specialized activities or sports. These participants are currently engaged in a fitness program to help perform a specialized activity: marathon, rock climbing, cross-country trekking, and other strenuous activities. They have very specific concerns and questions regarding how to prepare for their event. This conversation will focus on:

- I am planning a 60-mile Trek across the mountainous region in the lower Montana region. How do I prepare myself for this activity in the flatland region in Illinois?
- How much time and how would one get started to train for a triathlon?
- I grew up dancing. I danced into my teens. Thirty years later, I would like to enter a local competition similar to "Dancing with the Stars." Where do I start?
- I'm in my early forties and (an honest) 20 pounds overweight I am going on a week-long mission trip to the remote areas of West Virginia to build homes for needy families. The trip is the first week of August. How do I prepare and what are my priorities?