



**WANT TO MEET OR
BOOK MICHELE
FOR AN EVENT?**

**CONNECT WITH
MICHELE TODAY:**

> CALL 877 409 1758

EMAIL HER:

> michele@michelethetrainer.com

VISIT HER WEBSITE:

> www.MicheleTheSpeaker.com

VISIT HER ON YOUTUBE:

> <http://www.youtube.com/user/MicheletheTrainer/>



MICHELE THE TRAINER

speaker, world class motivator, concierge personal trainer, health lifecoach, and published author.

Michele will customize her presentation to your group's needs!

Michele the Trainer

Keynotes, Workshops, Breakouts, Retreats and Seminars.

Michele will customize her presentations to your groups' needs!

Do you want to feel younger and more agile? Do you need to lose 5, 10, 50 or 150 pounds? What if you had to lose 165 pounds? Could you do it and keep the weight off for the rest of your life? World-famous health and wellness crusader Michele the Trainer did just that and her groundbreaking presentations will motivate you to do the same. Michele's ability to connect with her audience and her inspiring success stories (including her own) will lift your spirits, transform your mindset and motivate you to start your new health and fitness regime today. Her talks are great for a wide range of audiences, from corporate to the entertainment industry, from entrepreneurs to women's groups, and will inspire any age group, from children to seniors. Visit her keynote speaking website at: www.MicheleTheSpeaker.com

Need some fresh energy and a confidence boost for your group? Michele is a world-class motivator, celebrity trainer, and published author whose mission is to help individuals, groups and communities to establish and maintain a healthy lifestyle. Drawing on over 20 years' experience as a corporate engineering project manager, she has transformed her talent for organizing and motivating work teams into a high-energy health and fitness system that really works!

Want fewer absences and a positive shift in outlook and attitude in the workplace? Michele's high-energy talks are perfect for business groups and corporations, and will breathe new life into anyone's fitness routine. You'll learn how to make time to take care of yourself and transform your body into the strong, healthy one you deserve. The result? Better performance, more stamina and confidence, and increased productivity in all areas of your life and you can use all that extra energy to pursue your dreams!

Michele the Trainer



ABOUT THE BOOK

Michele the Trainer's Quick Start to Losing 100 Pounds Delicious Easy-To-Follow, Organic Recipes for Weight Loss and Healthy Lifestyles Volume Eaters Rejoice! Michele's book is a beautiful full color TOOL to be used in your kitchen.

Our bodies are 60-90% water. Michele takes us back to basics with easy delicious nutritious hydrating recipes. Her effortless choices encourage not only immediate weight loss but are the cornerstone to keeping it off, long term health and quality of life. Michele summarized her six figure nutrition and chef education for everyone, by serving up organic, kosher, gluten free, kid friendly, snap- to-prepare meals or snacks for anyone that wants to just feel better or lose 2 to 200 pounds.

*Kashka B, Architect and mother of three boys under age 10:
"Love this cook book what an inspiration not a condemnation I CAN do it!"*

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"I wanted to take a moment and thank Michele for being so inspirational and tough, just what I need! I always know Michele cares and wants to push me to do my best; she is always focused to see me do more. Her personality and love of music shine. Her workouts are intense but provide fun variety and are safe for any back pain or limitations I maybe experiencing. Even my son loves to come and cheer me on while she is training me... He thinks it's awesome"

- Jeff Rafner, Producer/UPM, Grey's Anatomy

"Michele gets up early every day to help people and sometimes I don't. The desire to feel better is reinforced by Michele. She is good at accessing individual needs in a group setting. She is not just there for a paycheck, she truly likes what she does."

- George Larson, Location Manager, Grey's Anatomy

"Michele's steadfast commitment to help other's with weight loss and healthy habits comes from a very personal journey of her own that not only inspires others but has forged a path for others to follow."

- Sandy Watters, DGA, SAG, IATSE

Keynote Presentations:

- Signature Talk: 3 M's Motivation, Movement & Mindset
- 5 Ways of Wellness
- Fitness over Forty!
- The 3 P's of Personal Progress

