

MICHELLE CEDERBERG

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Live Out Loud



Are you READY to GET TO IT?

- Life Balance
- Stress Management
- Increased Productivity ... **NOW, more than ever!**

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“The name of the game is taking care of yourself, because you're going to live long enough to wish you had.”

~Grace Mirabella

Feel great again. Find a way past fatigue and low motivation and start living a life full of energy. *If not now, then when?* I know you're tired and you have no time, but you really what choice do you have? If you constantly put yourself last on your priority list exhaustion will eventually lead to ill health and unhappiness...and where's the fun in that? [Click here](#) to read this week's blog post that reprints a Calgary Herald article where I talk about investing in yourself.

Michelle Cederberg, CSP (Canada's Newest Certified Speaking Professional)

The Energy to Succeed in Business and In Life

Helping people with full schedules and a long list of responsibilities maximize their personal energy.

Michelle leads the industry for life balance, health, and stress management programs, resources, and tools that *actually* conquer procrastination, fatigue, and loss of motivation. Her expansive education and experience combined with her unique products, platform skills and messaging will ensure individuals and corporations understand that **“It's not the *doing* that's tough, it's GETTING TO IT!”** and she helps you figure out how. With a Masters in Kinesiology, a BA in Psychology, and a specialization in Health and Exercise Psychology, Michelle combines mind, body, and practicality to inspire change! She has built her career since 1990, as a college educator, personal trainer, fitness coordinator, author, and business owner. As a professional speaker, she shares her experiences in a humorous and realistic way with delighted audiences across North America. Michelle knows her energy has fueled her business success! Today, through her products and presentations she motivates you to take small steps toward BIG changes, so you can *actually* GET TO the good things – even with a busy schedule!

To book Michelle to speak at your organization please contact us at the number below, or fill out a booking request at www.michellecederberg.com

Corporate/Group Keynotes and Seminars, Fitness Coaching, Workplace Wellness Consulting



Your 'Getting to It' Guru

Keynotes and seminars providing a realistic and humorous approach to getting more time, energy, and enjoyment out of life!



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