

MICHELLE CEDERBERG

MKIN, BA PSYC

Live Out Loud



- ▶ Life Balance Strategist
- ▶ Fitness Motivation Expert
- ▶ International Speaker

Excuse Me?!: *Overcoming Barriers to Exercise*

***KEYNOTE** or breakout session

½ of adult Canadian are at an increased risk of disability, disease, and premature death because of obesity. 1.5 million Canadians over the age of 12 have diabetes. You know exercise can help, so if you're not doing it, what's getting in the way?

This innovative session will help you identify your barriers to exercise, and establish a realistic plan for getting more active. Learn about what Michelle calls "The All or Nothing Problem" with exercise, and gain a new understanding about the get active process with her "Start Small Solution" (It's not what you think). Michelle has written and presented at length on this subject. She wants everyone to understand that most exercise barriers are surmountable, and you can create an enjoyable, lifelong habit around physical activity once and for all. You'll take away a number of tools to get moving, as well as a renewed perspective about how valuable success in a fitness program really is. Be prepared to discuss and get interactive, and of course, have fun!

Book MICHELLE CEDERBERG...

*As a recognized life balance strategist and fitness motivation expert Michelle motivates her audiences to take realistic steps toward more of the things we all want – achievable **life balance**, time for **fitness**, heightened **stress 'defense'**, and the energy and confidence they bring!*

*To find out how to **hire Michelle** to speak for your organization, please contact her through the information below!*



Balance for REAL People

A realistic and humorous approach to getting more time, energy and enjoyment out of life!

