

MICHELLE CEDERBERG

MKIN, BA PSYC

Live Out Loud



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

Exercise Less for Success: *An Innovative Approach to Finally Fitting in Fitness*

*KEYNOTE or breakout session

Exercise less? *It goes against everything you've ever heard about exercise doesn't it? If 'conventional wisdom' has failed you on the fitness front – if you've battled your exercise demons long enough, perhaps it's time to consider a different approach?*

Michelle has over 17 years of experience as a personal trainer, educator, and fitness coach. She knows that success in fitness requires time and effort, but also realizes that most people simply don't have the time to take care of themselves the way they should ... *so they don't*. How can we solve the problem of inactivity if we keep attacking it with the same ineffective solutions? **If you knew better would you do better?** In this innovative session Michelle reminds you that it's not laziness or lack of willingness that stops fitness progress – it's unrealistic scheduling and grandiose expectations. You *can* experience fitness success through realistic planning, and a 'start small' approach that makes you wonder why you didn't think of it sooner. **Prioritize your health and longevity by finally fitting in fitness!** *This session shows you how.*

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!

