

Dynamic Personal Trainer

Michelle Cederberg

With her new book, Energy Now!

Tuesday, Feb. 28 at 7:30 pm

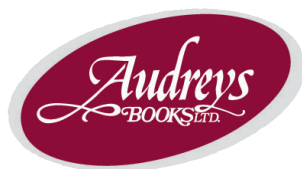
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About the Book: *Energy Now!* is your inspirational guidebook to energy, health, and a recharged life. Whether you're a busy executive or a busy mom – if you're tired, retired, or uninspired – you will benefit from the information provided by dynamic personal trainer Michelle Cederberg. This change-provoking book provides bite-sized advice to help you prioritize essential energy creating self-care practices you didn't think you had time for.

Each chapter closes with at-a-glance energy generating tips about the chapter subject so you have a quick reference and lots of good ideas that take only moments to implement. The writing style is light and fun, direct but supportive. You'll get the best advice available from a well-educated, highly experienced, practicing health and motivation expert.

About the Author: Michelle Cederberg has a Masters in Kinesiology with a specialization in Exercise and Health Psychology, plus a BA in Psychology. She has been working in the trenches in the health and fitness industry for over 20 years as an educator, personal trainer, and speaker. She has hands-on, applied knowledge of the energy and health challenges facing her readers.



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