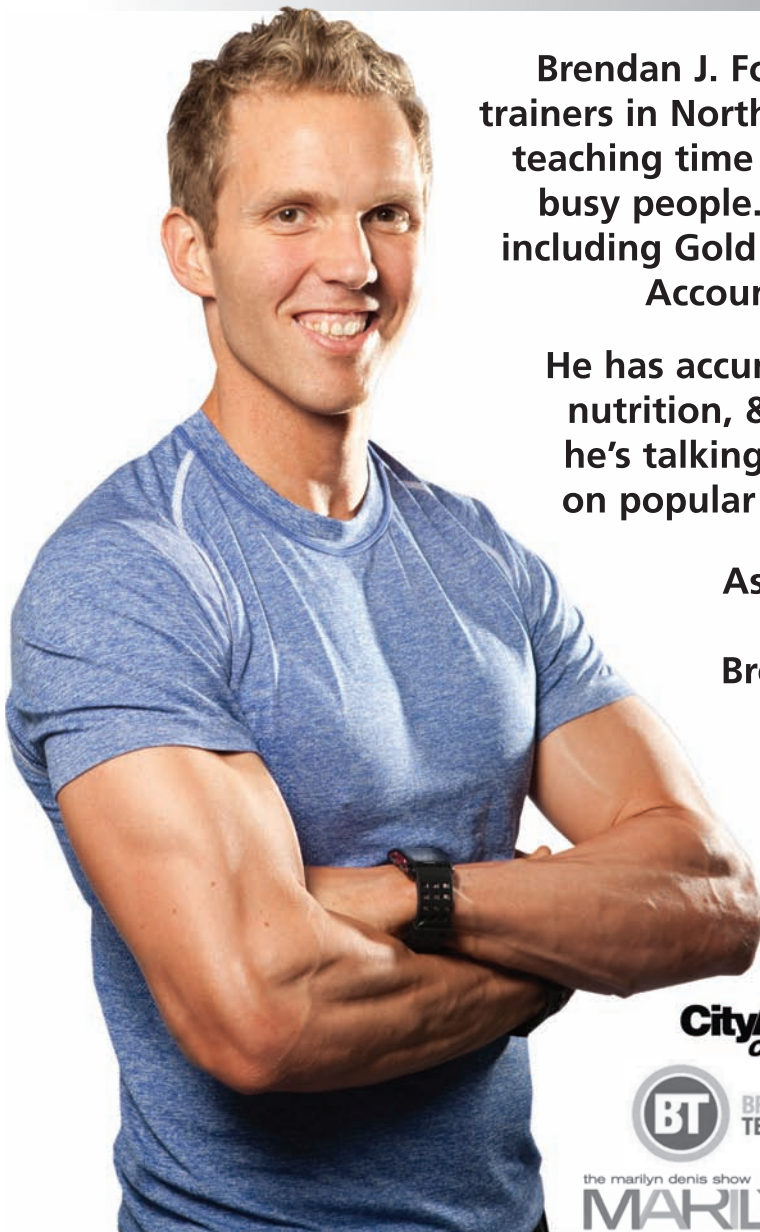


# Getting *Busy* People Fit

with **Brendan J. Fox**

*Too busy to exercise & eat properly?  
This is the speaker for you!*



Brendan J. Fox is one of the most sought-after fitness trainers in North America. He has worked over *18 000 hours* teaching time saving exercise and nutrition strategies to busy people. He has worked with a diverse clientele, including Gold Medal Olympic Athletes, Celebrities, CEOs, Accountants, Lawyers, and Soccer Moms!

He has accumulated over 18 certifications in fitness and nutrition, & studied over 700 books. He knows what he's talking about, & he regularly shares his expertise on popular tv programs, magazines, and newspapers.

As an award winning public speaker, stand up comedian, and Second City improv grad, Brendan combines humor and personal stories to capture the attention of the audience.

Don't miss the chance to have this dynamic fitness celebrity coach you to success!

As seen on:

