

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 19 000 hours teaching time saving exercise and nutrition to busy executives. He has an enormous track record of success working with a diverse clientele, including Gold Medal Olympic Athletes, Celebrities, CEOs, Accountants, Lawyers, and Beginner Exercisers!

Brendan is a Kinesiology Graduate who has accumulated over 20 certifications in fitness, nutrition, and rehab & studied over 800 books. He knows what he's talking about, & is regularly called on to share 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:

CityNews
CHANNEL

Global

CP
24
BREAKFAST

CITV
CANADA
am

OMNI
TELEVISION

the marilyn denis show

MARILYN

SUN
TV

CHCH
NEWS

BT

BREAKFAST
TELEVISION

The Weather
Network

WYLDE
ON
HEALTH

CFL
on
TSN

CFL
on
TSN

