



Gin Miller, Global Fitness Expert – SPEAKER FEES, \$150/hr. plus travel \$50/hr.

In the late 80's, Atlanta's own Gin Miller created the Step Training fitness phenomenon. Gin's innovation, concepts and creativity laid the foundation for a new era of exercise, earning her the worldwide reputation as a preeminent fitness program creator and exercise professional. Best known as the driving force behind STEP Reebok, Gin is a cherished and beloved leader in her field.

Gin Miller's blueprint for success is found in her constant quest for new ideas, her engaging warm personality and sense of humor, and her admirable communication and teaching skills. Gin currently runs her own company, Gin Miller Productions, LLC and serves as a consultant for corporations in wellness programming and fitness product development.

Gin Miller has won TEN industry awards—was named one of the “25 Fittest People in the World” by PEOPLE Magazine in 1994 and has been inducted into The National Fitness Hall Of Fame.

Gin Miller Presentations

1. The Physicality of STRESS Management

Global Fitness expert Gin Miller will provide active tools that will help you take stress out of your daily lives. Every human being has a physical relationship with the mental and emotional tensions of the workplace that can affect overall health and wellbeing. Gin will entertain and delight you with valuable information about your muscles and connective tissue and how you can adapt physically so that it is nearly impossible to stay stressed. Physicality is immensely beneficial in managing stress and the exercise movement patterns are nothing you've ever seen before -- they produce powerful feelings of wellbeing. Don't miss this opportunity! Come ready to *have a fun* and interactive workshop that will leave you smiling and stress free!

2. The Mindfulness Approach To Treating Anxiety and Depression

Global Fitness expert Gin Miller will delight you with a surprising new method for treating anxiety and depression; MINDFULNESS. This holistic approach focuses on treating your whole being with emphasis on a very different type of meditative exercise, combined with information on vitamins and nutrients proven to improve mood and lift spirits. A unique combination of elements, this six week program will provide a swift means to a new day and a new you and teach you how to empower yourself to heal yourself fit.

3. Strength Moves For Life

Whether you are balancing your time between home, offices or traveling, Strength Moves for Life™ will showcase three hot areas of strength that are adaptable for any environment. Strength Moves for Life™ includes a variety of resistance training exercises that can be performed with just about any set of props—from hotel dressers to water bottle weights. Strength Moves for Life™ is chocked full of unique and interesting exercises that you can perform in the smallest of spaces with little or no equipment. Learn the fundamentals of core stability, strengthening and stretching, whether you are at the office, in the dorm, or on the road.

4. The 4 x 4 Diet – The Super Simple Way To Eat

If you can remember the number **4** than you can stick to this healthy eating plan with no trouble. There are so many experts changing their eating advice all too frequently to keep up with! With only **4** points to remember, learn this step-by-step method of buying, planning and cooking incredibly nutritious meals. Regardless of your age, condition or goal, this simple, easy to remember eating guide will leave you feeling empowered and ready to conquer your greatest diet challenges.

5. DESKercise – A new approach to Improving Your Health at Work

DESKercise, or exercising at your workplace can have significant improvements to your Health. Research shows that performing short bouts of strength training exercises to improve mobility and posture can have surprising effects. In addition to improved performance and energy, you actually burn calories, up to 10 per minute of exercise. Here's how it works: fifteen minutes of exercise can equal up to 150 calories burned. If you **DESKercise** twice daily on each of your fifteen minute breaks, that's up to 300 calories per day times five days per week equals 1500 calories, that's roughly 20 lbs. a year. So, exciting news, exercise works even if you are sitting, so lose the sugary snacks and add our cool new moves to your workday and THRIVE!