Fitness, Fun and Food for The Real World

Sherry Granader

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Throw Out the **Diet**, Not the **Food**!

Simple secrets and timely tips for energetic health

SHERRY GRANADER
SPEAKER · AUTHOR · NUTRITIONIST

Sherry Granader is passionate about helping others take control of their health and fitness. Not only will you find out what works and what doesn't, but also why. Her background in body-building, nutrition and public speaking comes together with wit and enthusiasm to leave her audiences pumped up to take the challenge. Sherry's customized workshops and fitness programs deliver results you never thought possible.

What could you possibly have in common with professional atheletes, body builders and leading fitness experts? More than you think! A love of food, for starters. Maybe a hectic, demanding schedule that has overrun your desire for a healthy and fit body and mind? Now you can add one more: Sherry Granader.

Come along with Sherry Granader on a ride for your life. You'll eat, you'll move, you'll have a ball. And you'll leave her sessions energized, with real life techniques to build up and maintain the complete health you've been missing. She feeds your body and your mind, and helps you learn to do the same.

CLIENTS AND ASSOCIATES

NASA United Space Alliance
—Johnson Space Center

Lou Ferrigno (The Incredible Hulk)

Chuck Norris—Actor

Lenda Murray—Eight-time Ms. Olympia

Evander Holyfield—World Champion Boxer

Thousands of busy, hard-working people
— like *you*

"We were absolutely thrilled! Our staff is still talking about it. Great job—you were a big hit."

—CHRISTINA M. FORD
Johnson Space Center

"Thank you for sharing easy ways to get started and stay healthy and slim forever!"

—LAURIE LONG
South Shore Harbor Resort and Hotel

"She's a friend for life!"

—LOU FERRIGNO
The Incredible Hulk

With Sherry's help you'll learn how to:

- End the confusion and challenge the myths about dieting.
- Create daily lifestyle changes that lead to ultimate health and fitness.
- Read and understand today's food labels to avoid problem ingredients.
- Determine what really counts in losing or gaining body weight.
- Boost your energy level while you achieve and maintain your ideal weight.

Customized keynote and workshop formats available

TO BOOK SHERRY GRANADER NOW, PLEASE CONTACT:

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Fitness, Fun and Food
for The Real World

Prepare to **Live Longer** ...And Do It **Well!**

Techniques, Tips and Hot Products That Will Add Healthy Years To Your Life

SHERRY GRANADER
SPEAKER · AUTHOR · NUTRITIONIST

Sherry Granader knows what it takes to get healthy and stay that way. Not only will you find out what works and what doesn't, but also why. Her background in body-building, nutrition and public speaking comes together with wit and enthusiasm to leave her audiences pumped up to take the challenge. Sherry's customized workshops and fitness programs deliver results you never thought possible.

How do you sort through the jumble of promises of a long, healthy life? Or make sense of the endless stream of products that guarantee results but don't deliver? You don't! Sherry Granader has done it for you!

Let Sherry show you how to bring it all together. She's got the latest research, hottest products and easy-to-use techniques for complete health—and she loves to share! Some of the biggest names in fitness—pump-masters like Arnold Schwarzenner and Chuck Norris—have come to Sherry for help. They loved the results and you will too!

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Arnold Schwarzenneger—Actor

Chuck Norris—Actor

Lenda Murray—Eight-time Ms. Olympia

Evander Holyfield—World Champion Boxer

Thousands of busy, hard-working people
— like *you*

"Thank you for your tips on better eating. You made a big difference in my energy level!"
—CHUCK NORRIS
Actor

"Your knowledge, content and compassion—and your winning personality—touches and blesses all who hear you!"
—DOTTIE REDMOND
First Baptist Church of Pasedena

"You're the BEST!"
—EVANDER HOLYFIELD
World Champion Boxer

You'll learn how to:

- Maximize nutritional benefits with simple adjustments to your daily routine.
- Boost your immune system and prevent major illness.
- Get a grip on the latest research into health and nutrition.
- Identify and use the hottest products in the health market.
- Slow down the aging process.
- Establish and maintain healthy habits throughout your life.

Customized keynote and workshop formats available

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Sherry Granader's Biography

Sherry and her programs motivate and inform you in ways no one else can.

SHERRY GRANADER
SPEAKER · AUTHOR
· NUTRITIONIST

Sherry Granader is a nationally recognized speaker, nutritionist, body builder, author and spokesperson for the "Lean Routine." Over the years she has consulted to some of the biggest names—and best bodies—in the world of body building, including Lou Ferrigno, Arnold Schwarzenneger, Lee Haney and Chuck Norris. And while she's been helping the stars shine, she's kept both feet planted in the every day world of people who work, raise families and lead busy lives.

Her insights into nutrition, fitness and well-being are in demand everywhere. Her workshops and programs not only leave you feeling great, but provide the kind of useable information, techniques and recipes that will keep that great feeling going throughout your life.

According to Sherry, dieting keeps people from the one thing that can guarantee the body they want: good food! In addition to personal consultations and workshops, she has brought her no-nonsense, food-friendly message to a wider audience through monthly columns for Houston Sports News and Health and Fitness Magazine, her own "Healthy Living" segments for PBS television, and is a highly sought-after guest on TV and radio programs across the country.

Sherry's workshops and fitness programs in nutrition, health and wellness, peak performance, stress reduction and executive health are brought to you with the style, grace and humor her audiences everywhere adore!

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Sherry Granader's Testimonials

SHERRY GRANADER
SPEAKER · AUTHOR
· NUTRITIONIST

"We were absolutely thrilled! Our staff is still talking about it. Great job—you were a big hit."

—CHRISTINA M. FORD
Johnson Space Center—NASA

"Thank you for the opportunity to train with you, and for the excellent meals from your cafe and cookbook. You're the BEST!"

—EVANDER HOLYFIELD
World Champion Boxer

"Sherry, you really lit up the room with your energizing seminar for our owner/operators. Your information was presented in such a motivating manner, we all wanted to hire you on the spot to take back to our respective locations to keep the energy flowing!"

—MIKE URETZ, CEO
World Gym Licensing

"Thank you for your tips on better eating. You made a big difference in my energy level!"

—CHUCK NORRIS
Actor

"I learned so much from your seminar "Throw Out The Diet, Not The Food." I began your easy-to-follow tips and lost 16 pounds in less than one month! Thank you for sharing easy ways to get started and stay healthy and slim forever."

—LAURIE LONG, SPECIAL EVENTS MANAGER
South Shore Harbor Resort and Hotel

"Your style of cooking shows that proper diet is one of the major keys to to having a successful body without dull and boring meals. You're blazing a healthy, nutritional trail with your low-fat cookbook, outstanding seminars and weekly radio shows. You're a friend for life!"

—LOU FERRIGNO
The Incredible Hulk

"Your knowledge, content and compassion—and your winning personality—touches and blesses all who hear you."

—DOTTIE REDMOND
First Baptist Church of Pasadena

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Sherry Granader's
Partial Client List

SHERRY GRANADER
SPEAKER · AUTHOR
· NUTRITIONIST

Celebrities

Chuck Norris
Evander Holyfield
Arnold Schwarzenneger
Lee Haney
Lenda Murray
Lou Ferrigno
Maria Shriver
Gregory Hines
Joe Piscopo

Corporations and Associations

Baylor College of Medicine
Johnson Space Center—NASA
World Gym Licensing
Rohm Haas, Inc.
First Baptist Church of Pasadena
South Shore Harbor Resort and Hotel
Deer Park Independent School District
Michigan State Police—Criminal Investigation Unit

Media Appearances

FOX—"Every Woman" show (National)
PBS—Monthly host of Sherry's "Healthy Living"
ABC—"The Debra Duncan Show"
"Company Show"
"Good Morning Houston"
ESPN—"Lee Haney's Championship Workout"

CBS—Morning News "Low-Fat Cooking Segments"
NBC—News 2 Houston Health Beat
PRIME SPORTS RADIO—Weekly guest on "The Keith Klein Nutrition Hour"

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