



BACK GROUND INFORMATION

- Nutrition and Wellness Specialist
- Personal Trainer
- Sport Conditioning Specialist
- Yoga & Pilates Instructor
- First Aid and CPR Instructor
- Level II Reiki Practitioner
- Educator for over 20 years.

The greatest wealth is health. ~Virgil

Carl is a strong supporter of preventive medicine and a holistic approach to health and wellness. He has been very successful in helping people, just like you, reach their personal wellness goals. Carl offers the means to implement and sustain a complete lifestyle program which offers individual and group guidance, instruction, and motivation to enable your group to become healthier and happier. His underlying philosophy is to make health and wellness fun. Carl's program is multi-modular and include: stress reduction, healthy eating, fitness programming, workplace wellness, ergonomic workspace instruction, and team building.

The Power of the Apple TM

Carl's "The Power of the Apple" presentation is fun, dynamic, and highly interactive. It breaks down the sometimes complex nutritional information, into a simple fun presentation, while illustrating his philosophy on health and wellness. It can be customize a workplace environment to promote wellness and to improve communication and productivity.

Carl George – The Healthy Living Guy



Here are some of the programs Carl offers:

- Fit-for-Work Program
- Healthy Living
- Fixing our Immune System
- Work/Life **Balance**
- Stress Busters**
- 5 keys to Wellness
- The Power of the Apple
- Wellness and Nutrition Workshop
- Fitness Programs
- First Aid and C.P.R. Certification

Fun, Fit, and Fabulous

Keynotes, seminars, workshops, as well as devising a wellness program for your organization



Contact Carl by visiting his website at www.carlgeorge.ca or call at (709) 722-9478