

JOHN SPENCER ELLIS

Co-Spokesperson – MyGymFloor.com

Chief Executive Officer

NESTA
(National Exercise & Sports Trainers Association)

Spencer Institute for Life Coaching

Get America Fit Foundation

Vice President Business Development

MyNutritionStore.com

Fitness and Lifestyle Expert

Bravo's *The Real Housewives of Orange County*

Host

The Fit Show, *Core 360 Personal Trainer* infomercial,
PersonalTrainerTV.com

The OC Body

The Spencer Power Hour Radio Show,
Ms. Fitness U.S.A and World Pageants



Each week, more than one million people enjoy a fitness and wellness program created by John Spencer Ellis. His fitness programs are implemented in the top resorts, spas and health clubs throughout the world.

John is actively involved in the industry and currently sits on the Advisory Boards of the **National Health, Wellness and Prevention Congress**, **Exercise TV**, **Sleep Number Bed**, the **Medical Wellness Association**, **Irvine Valley College**, **Life & Leisure Television** and **Health Journal Television**. In addition, Ellis is a Fellow of the **National Board of Fitness Examiners**, author of *"How Badly Do You Want It? - Your Ultimate Guide to Optimal Fitness,"* and a contributor to *"Power of Champions"* and *"Peak Vitality."* He held the post of Fitness Editor for OC Flair Magazine and created Adventure Boot Camp, the largest fitness boot camp program in the world. His TriActive America signature series of outdoor exercise equipment is used worldwide.

John has been featured on ABC, NBC, CBS, PBS, FOX, FOX Sports, FOX Reality, SPIKE and ESPN. He stars in the workout DVDs *Playground Boot Camp* & *Kung-Fu Fitness*, created fitness programs used by Cirque du Soleil the U.S. Secret Service, Army, Navy, Air Force, Marines, Coast Guard. He consults for the UFC (Ultimate Fighting Championships). John was nominated for induction to the Fitness Hall of Fame.

John holds two bachelors degrees (business and health science), an MBA, and a doctorate in education. He has also completed doctoral level studies in naturopathy and has 15 certifications including massage therapy, plyometrics, self-defense, fitness kick boxing, fitness boxing, nutrition coaching, water fitness, exercise rehabilitation, golf conditioning, Pilates, personal training, clinical hypnotherapy, sports hypnosis, PACE circuit training and yoga.

John's passion for fitness is endless. He holds a 2nd degree black belt in kung-fu, has completed the Ironman triathlon and finished 5th at the U.S. National Biathlon Championships. His medical training includes a license in radiological technology, a medical assisting certification, and training in McKenzie rehabilitation. John was nominated for the California Community College Distinguished Alumni Award.