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SM
SHANNON MILLER
LIFESTYLE

The mission of Shannon Miller Lifestyle is to inform, educate, and inspire women to lead a healthy and balanced lifestyle through our products and partnerships, motivational speaking, endorsements, radio show, and the Shannon Miller Walk-Fit Program. As an Olympic gold medalist, Shannon knows what it takes to succeed against all odds. As a wife, mother and cancer survivor, she understands that making our health a priority is of utmost importance. Shannon Miller Lifestyle is targeted to all women with a focus on health and wellness, fitness, pregnancy and motherhood.



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ABOUT SHANNON MILLER

Shannon Miller is the only American to rank among the Top 10 All-Time Gymnasts and is the only female athlete to be inducted into the US Olympic Hall of Fame twice (Individual 2006 and Team 2008). Among her career highlights, Miller has won an astounding 59 International and 49 National competition medals, over half of which are Gold. She is the only US gymnast to win two World All-Around Titles. Her tally of five medals (two Silver, three Bronze) at the 1992 Olympics in Barcelona, Spain was the most medals won by a US athlete. At the 1996 Games in Atlanta, GA, she led the “Magnificent Seven” to the US Women’s first ever Team Gold, and for the first time for any American gymnast, she captured Gold on the balance beam.



Miller is now President of [Shannon Miller Lifestyle: Health and Fitness for Women](#), as well as an author, television personality, and host of [Shannon Miller Lifestyle Radio presented by St. Vincent's HealthCare](#). She holds a BBA in marketing and entrepreneurship from the University of Houston and her law degree from Boston College. In 2007, she founded the Shannon Miller Foundation dedicated to fighting childhood obesity.

Shannon and her husband welcomed their first child, John “Rocco” in 2009. Then, in January of 2011, Shannon was diagnosed with a malignant germ cell tumor, a form of ovarian cancer. She had the baseball sized tumor removed successfully and followed up with 9 weeks of chemotherapy for this rare germ cell malignancy. Shannon is currently cancer free and the family welcomed their “miracle” baby girl on June 25th, 2013! With her story focusing on “life after cancer”, Shannon continues to be a strong advocate for early detection and making health a priority!

Shannon Miller Lifestyle Programs

Shannon Miller Lifestyle Website: www.shannonmillerlifestyle.com is a content driven website that focuses on women's health and fitness through three primary categories: Health & Wellness, Fitness, and Motherhood. In addition, we have a subsection on the issue of cancer awareness. Along with our feature bloggers, articles, video and programs, we highlight our partners, endorsements and helpful links to those interested in a healthy lifestyle.



Shannon Miller Public and Corporate Speaking: As a 7-Time Olympic medalist, wife, mother and cancer survivor, Shannon Miller is a sought after [corporate and motivational speaker](#). Shannon travels the country speaking to groups of all sizes. In addition to speaking, Shannon has emceed a variety of charity and professional events.

Topics include:

- Health & Fitness
- Motherhood & Entrepreneurship
- Motivation & Goal Setting
- "Competing with Cancer"
- The Olympic Experience

Sports Commentary, Lifestyle Features, and More: Shannon continues to provide live commentary, athlete interviews, and fun, lifestyle features. She has worked on a variety of shows and events including MSNBC, NBC, Comcast, Yahoo! Sports, Lifetime Television and many more.



The Shannon Miller Walk-Fit Program: Women need motivation and help getting started on a healthy and balanced lifestyle. That's why our Free Online-Tracking & Incentive Program works. Participants simply log-in to our website and track how many steps they are walking each day. When different milestones are reached, participants receive free email incentives, such as coupons from Shannon Miller's [Walk-Fit Program](#) sponsors depending on their location.

Shannon Miller Lifestyle Women's 5K and Children's One-Mile Fun Run: This community-driven race is focused on women, children and families through both our [women's 5K run](#), [children's one-mile run](#), and community health fair. This annual event attracts thousands of participants. All proceeds benefit the Shannon Miller Foundation Kids Running Clubs. *The Shannon Miller Foundation is a 501c3 not-for-profit corporation.*



Shannon Miller and *Competing for Cancer* ebook: Shannon Miller, America's most decorated American female gymnast, with seven Olympic and nine World Championship medals, tells the story of her journey from superstar athlete to cancer survivor in her free eBook, [Competing with Cancer](#).

Shannon Miller Lifestyle Social Media & Videos: With our strategic partnerships with [Spectrum of Jacksonville](#) (production and advertising), and [Drummond Press](#) (commercial printing and fulfillment), we are able to provide a wide variety of media that is then pushed through our website and other social media platforms including [Facebook](#), [Twitter](#), [Pinterest](#), [Youtube](#), etc. Shannon Miller and Shannon Miller Lifestyle have the ability to provide daily, weekly, monthly posts or specialized video, blogs, and articles for our partners with a wide reach.



Shannon Miller Lifestyle Radio Show: Shannon Miller has partnered with St. Vincent's HealthCare to provide a weekly call-in radio show on [104.5FM WOKV](#). Each week Shannon interviews experts on a variety of health and fitness topics.

Shannon Miller Lifestyle Partners

BabyPlus: Shannon has partnered with [BabyPlus](#) to ask the question, "Why wouldn't you use BabyPlus?" It is safe, scientifically validated, and the benefits are remarkable. Why not start educating your child as early as possible - with an age-appropriate curriculum?



Polar USA- Heart Rate Monitors and GPS Sports Watches:

Shannon is excited to partner with [Polar](#) and continue advocating the importance of fitness. Polar technology is key to the success of leading fitness facilities, athletic teams, corporate wellness facilities, health insurance providers and thousands of physical education programs around the world.

Exclusive "Lace Up to Beat Cancer" shubeez: Shannon and [shubeez](#) have teamed up to bring hope and funds to cancer awareness groups all over the country. This exclusive charm is put on the shoe and can be used as swag for an event or race. Shubeez is perfect for resale costing less than \$2 per piece yet has a retail value of \$5.00. There are also headbands for the ladies! They are sold for a retail value of \$15.

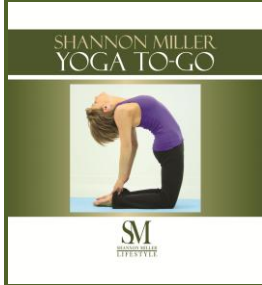


Stemcyte Cord Blood Banking: Shannon and her husband chose [StemCyte](#) to bank their first child Rocco's umbilical cord blood stem cells, and they once again turned to StemCyte for their new baby girl, Sterling. Shannon and StemCyte strive to educate expectant parents about the value of banking their child's umbilical cord blood stem cells.

Washington National Insurance: Since 1911, [Washington National](#) has helped Americans protect themselves and their families from the financial hardship that often comes with critical illness, accidents or loss of life. Together, Washington National and Miller are implementing joint projects to effectively share information about the importance of healthy living while increasing awareness of the widespread need for physical and financial wellness.



Shannon Miller Lifestyle Products



Shannon Miller Yoga To-Go gives women a convenient, efficient and effective workout. This book includes 50 of Shannon's favorite yoga poses for you to enjoy. Choose poses to work on each morning or evening for a quick 15 to 30 minute workout. For a longer workout, 60 to 90 minutes, add on more poses as you go. In addition, you'll find 6 full workout routines that will introduce you to specific sequences. Get Yoga To-Go and get in shape now!

ISBN #: 978-1-936386-02-4

Price: \$9.95

Trim and tone your waistline with **Shannon Miller Abs To-Go**. Abs To-Go includes Shannon's 40 favorite Abdominal and Core exercises. Simply choose a few moves each workout or follow the routines in the back of this book 3 to 4 times a week. A strong core prevents injury, gives you better posture and helps you fit into your favorite jeans!

ISBN #: 978-1-936386-01-7

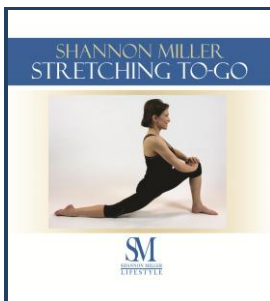
Price: \$9.95



Shannon Miller Stretching To-Go includes Shannon's 60 favorite stretches. Having these stretches on hand will help with stress, posture and energy throughout your day. Do these before or after your workout, in the park or while you watch television and they will increase your flexibility, reduce stress and energize your day!

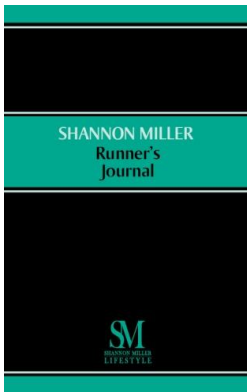
ISBN #: 978-1-936386-03-1

Price: \$9.95



The 30" x 72" **SML personal fitness mat** is constructed of commercial grade materials – heavy duty 18 oz vinyl that is mildew and UV resistant and filled with 1-3/8" Cross linked Polyethylene Foam. This is the same shock absorbing foam core that gymnasts all over the USA tumble on! This mat provides more training comfort than standard, thinner yoga mats especially for prone and supine core training. Two folds and handles make the mat easy to transport at 30" x 24" x 4 -1/4" thick.

Price: \$85.00



This **Runner's Journal** is a valuable tool whether you're a beginning runner or seasoned athlete. It's a wonderful way to set goals and stay motivated to achieve them. By keeping this 12 week journal you can look back at your training schedule and discover the most effective ways to reach your personal goals.

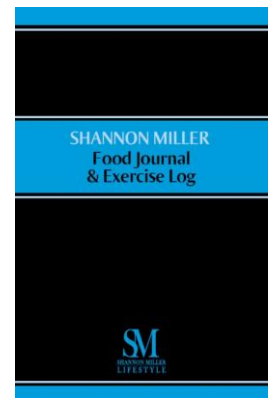
ISBN #: 978-1-936386-06-02

Price: \$12.95

Shannon's 12 week **Food Log & Exercise Journal** is a great way to kick off a healthy lifestyle campaign! The food journal helps you gauge whether you're eating enough fruits and veggies or mindlessly filling up on empty calories throughout the day. This is a quick and easy way to take realistic stock of how you're doing on a daily basis. By using this journal you will gain confidence in your eating habits and know that you are on the right track! As you are keeping track of the foods you eat make sure to log the exercise you perform each day. Are you getting a good mix of cardio, strength and flexibility? With a mix of health tips and information, this journal is perfect motivation for a healthy lifestyle.

ISBN #: 978-1-936386-05-5

Price: \$12.95





Shannon Miller joins with certified fitness instructor Jackie Culver, to bring women six full body workouts to maintain a fit and healthy pregnancy in **Shannon Miller's Fit Pregnancy DVD**. Three workouts focus on the second trimester and 3 full workouts focus on the third trimester. As a special bonus Shannon includes a section on the importance of core awareness and a postnatal *Belly Blast* to regain your pre-baby body!

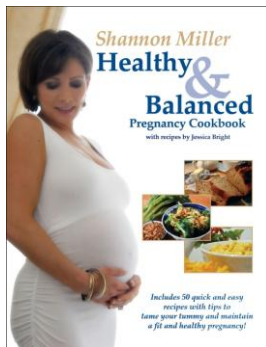
ISBN #: 978-1-936386-07-9

Price: \$19.95

Shannon Miller is back with certified fitness instructor, Jackie Culver, for her **Body After Baby DVD**. These workouts will help you whip your body back into shape and regain important core strength. Best of all, you will continue to benefit from these workouts long after you've lost the baby weight!

ISBN #: 978-1-936386-08-6

Price: \$19.95



In her **Healthy and Balanced Pregnancy Cookbook**, Shannon Miller shares essential health and fitness tips, practical advice and delicious recipes by Chef Jessica Bright. Simple icons show you which recipes are high in protein, fiber, folic acid, iron and calcium. You can easily identify which foods will help you stave off morning sickness and which will satisfy your latest cravings. Shannon takes this cookbook beyond the kitchen and into life with her secrets to a healthy and balanced lifestyle. Special sections include food safety, how to stock your kitchen and gestational diabetes.

ISBN #: 978-1-936386-00-0

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