

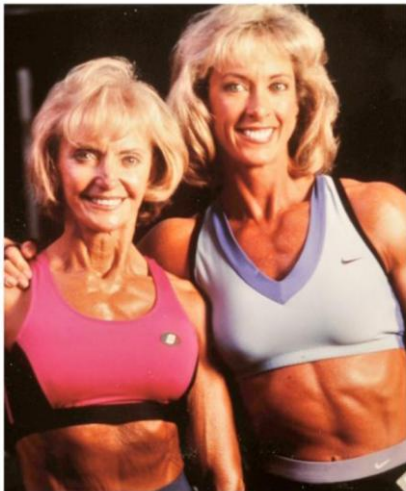


## Professional Health and Fitness Resume of Colleen Fisher

Certified Fitness Instructor  
35+ years experience in personal training (all ages and levels)  
Health club management background  
National Physique Committee State and Regional Judge  
Former Washington State Representative for the National Physique Committee  
Recognized by the American Academy of Anti-Aging Medicine  
Creator of the DVD "Training for the Ageless"  
Published Author, "Fitness Is Forever"  
Motivational Speaker Contributing writer for the Parrillo Press, a health and fitness publication

### Competitive Bodybuilder holding the following titles:

National Middle Weight Masters Champion  
Emerald Cup Masters Champion  
Oregon State Regional Masters Champion  
Vancouver Naturals Masters Champion  
Olympic Peninsula Heavy Weight and Overall Champion  
Blue Mountain Classic Championships  
Featured with my 70+ year-old mother, who is also a Grand Masters bodybuilding champion, both nationally and internationally on both television and in magazines, including the following:



Colleen Fisher with her Mom, Kelly Nelson.

### Media Engagements:

Rosie O'Donnell, Maury Povich, Inside Edition, Channel 5 Sports, Northwest Cable News Sports, Dateline Germany and Amazing People From Around the World Japan

### Magazines:

Muscle and Fitness, Oxygen, Flex, Ironman, Woman's Physique World, Muscle Mag, National Enquirer, Texas Longevity ET Fitness, Femme Actuelle (European) and Zest (European)

**Book:** Fitness Is Forever ~ Finding Your Healthy Balance

**Website:** [www.fitness-is-forever.com](http://www.fitness-is-forever.com)

**Mission Statement:** *To motivate and make exercise fun for you. Will help you achieve your fitness goals through proper resistance training techniques, flexibility, cardiovascular instruction and sound nutritional information. Remember it's not when you start a program, but IF you start that matters!*  
~ Colleen Fisher