



Empowering and Motivating You to Succeed!

Shannon Miller's Profile

Travels from Jacksonville, FL, USA



Shannon Miller remains the **Most Decorated Gymnast in American History**. She 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))

Shannon has won an astounding 59 International and 49 National competition medals. Over half of these have been gold. She is the only US gymnast to win 2 World All-Around Titles and she is the first American female to medal in the individual all-around of a non-boycotted Olympics. Her tally of five medals (2 silver, 3 bronze) at the 1992 Olympics was the most medals won by a US athlete in any sport. At the '96 Games, 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. She is the first American gymnast to win an individual gold medal at a fully-attended Summer Games and cemented her place as the most accomplished gymnast, male or female, in U.S. Olympic history.

After retiring from Olympic competition, Shannon received her undergraduate degrees in marketing and entrepreneurship and her law degree from Boston College. She then moved from Olympic athlete to advocate for the health and wellness of women and children.

Shannon launched her company *Shannon Miller Lifestyle: Health and Fitness for Women* along with her series of fitness books, cookbooks and fitness DVD's in July, 2010. In 2011, she launched the *Shannon Miller Walk-Fit program*: an online tracking and incentive program. She continues to travel the country as a highly sought after motivational speaker and advocate for the health and wellness of women and children. Shannon's seeks to empower women to make their health a priority through education and awareness.

Shannon hosts her *weekly talk radio show* in partnership with St. Vincent's HealthCare dedicated to health and fitness. She also worked as an expert analyst with **Yahoo! Sports** and commentator on NBCOlympics.com during the 2012 Summer Games and continues to remain involved with the sport of gymnastics as a commentator and analyst.

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 has remained open and public about her diagnosis and treatment and continues to empower women to make their health a priority through the media, with recent appearances on *The Doctors*, *Katie* (Katie Couric), *Marie Osmond*, *Sanjay Gupta, E!* and *The Balancing Act* (Lifetime Television). Shannon is currently cancer free and continues to be a strong advocate for early detection. She is the Honorary Chairperson for the nation's first ever **National Women's Survivors Convention** and the Honorary Chair of **Turn the Towns Teal© 2013 Campaign**. Shannon, her husband and son are enjoying their miracle baby girl born this June!

Look for the *Shannon Miller Fitness Collection*, a workout clothing line for the busy woman, in Bealls Department Stores!

Specialties: Corporate; Women's Groups; Athletes; Cancer; Health and Wellness; Fitness, Pregnancy and Motherhood

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

Please call for fees

Testimonial:

"Having Shannon as our keynote speaker drew great attention to our Vicki Linn Walk for Ovarian Cancer Awareness. As an Olympic star and an ovarian cancer survivor, she was a role model and inspiration to everyone."

-Frostburg Maryland Soroptimists

For Further Information or to Book
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