

Lecture Topics

Rod Johnson is available to talk to your business or group about the following topics. If there were another topic or idea, you would like him to address, please send your request to Info@SealOfFitness.com.

- 1. Starting an Exercise Program*
- 2. Balancing Diet and Exercise for Weight Loss*
- 3. Get Fit in Less Time*

For Fitness Professionals (see ISCA Fitness Workshops other topics)

Breaking into Broadcast News as a Fitness Expert

There is no single fitness method to cure the ills of every person. Whether your goals are to lose weight, build muscle or improve endurance – knowing exactly what to do to achieve your goals is important.

Learn the ins and outs for fitness professionals when looking to become the media point person for consultation.