

Fitness, fun *and* food *for* the real world !



Sherry Granader

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[www.sherrygranader.com](http://www.sherrygranader.com)

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# Sherry Granader



**SHERRY GRANADER**

SPEAKER  
AUTHOR  
HEALTH & FITNESS  
CONSULTANT

*Sherry and her programs motivate and inform you in ways no one else can!*

## Qualifications & certifications

BA in Business Management with a minor in Communications from Michigan State University in East Lansing, Michigan

Nationally Certified Group Exercise Instructor for 24 years (ACE, AFAA, NDEITA) in Step, Body Pump, PIYO ( Pilates and Yoga), Cardio Aerobics and Body Sculpting

Awarded "Best Aerobics Program" for World Gym Franchises in the United States 1992, 1993, 1994

Awarded Business Woman of the Year 1990 – Association of Business and Professional Women (ABPW) Houston, Texas

## BIOGRAPHY

**A** Health and Wellness Consultant, Sherry Granader has shared the stage with celebrities such as Whoopi Goldberg, Suze Orman and Governor Ann Richards. She has cooked for her favorite bodybuilder, Lou Ferrigno (The Incredible Hulk), as well as for champion boxer Evander Holyfield, and shared her nutrition expertise with Chuck Norris on the movie set of "Sidekicks". Sherry has also been a guest on Lee Haney's (8-time Mr. Olympia) Championship Workout TV show on ESPN.

Sherry has authored two cookbooks: "Eat Right, Feel Good, Lose Weight, Have Fun – You won't be hungry!" and the bestseller "Soy You Wanna Lose Weight?".

As a National Speaker, Sherry delivers vibrant, passionate, educational keynote presentations on the benefits of good nutrition to live a healthier and longer life.

Sherry is Spokesperson for natural products on Radio and TV including her latest product "Tidal Greens" and writes a monthly national newsletter for Chromax Conversations featuring ways to prevent diabetes.

She serves on the Board of Directors for Camp Make-a-Dream and Barbizon School of Modeling. Sherry served as the On-Air Nutrition Consultant for QVC television in the United States and United Kingdom. Sherry's insights into nutrition, fitness and well-being are in demand everywhere.

Her workshops and programs not only leave you feeling great, but provide the kind of useable information, techniques and recipes that will keep you feeling great throughout your life.

According to Sherry, there are at least 6 foods that can make you look 10-15 pounds heavier than you really are, plus cause allergies, bloating and fatigue. Dieting keeps people from achieving the results they want—good food!

Her audiences will delight samples of her Banana Crème Pie Smoothie made with soy. Sherry has been a spokesperson for soy 3 years running.

Sherry's workshops and fitness programs in nutrition, health and wellness, peak performance, and stress reduction are brought to you with the style, grace and humor her audiences everywhere adore!

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## TESTIMONIALS

"We were absolutely thrilled! Our staff is still talking about it. Great job—you were a big hit."

— **CHRISTINA M. FORD**  
Johnson Space Center—NASA

"Thank you for the opportunity to train with you, and for the excellent meals from your cafe and cookbook. You're the BEST!"

— **EVANDER HOLYFIELD**  
World Champion Boxer

"Sherry, you really lit-up the room with your energizing seminar for our owner/operators. Your information was presented in such a motivating manner, we all wanted to hire you on the spot to take back to our respective locations to keep the energy flowing!"

— **MIKE URETZ, CEO**  
World Gym Licensing

"Thank you for your tips on better eating. You made a big difference in my energy level!"

— **CHUCK NORRIS**  
Actor

"I learned so much from your seminar "Throw Out The Diet, Not The Food." I began your easy-to-follow tips and lost 16 pounds in less than one month! Thank you for sharing easy ways to get started and stay healthy and slim forever."

— **LAURIE LONG**  
Special Events Manager  
South Shore Harbor Resort and Hotel

"Your style of cooking shows that proper diet is one of the major keys to having a successful body without dull and boring meals. You're blazing a healthy, nutritional trail with your low-fat cookbook, outstanding seminars and weekly radio shows. You're a friend for life!"

— **LOU FERRIGNO**  
Actor, The Incredible Hulk

"Your knowledge, content and compassion—and your winning personality—touches and blesses all who hear you."

— **DOTTIE REDMOND**  
First Baptist Church of Pasadena

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## Current Projects

Spokesperson for Tidal Greens

Writer for Chromax  
Conversations by  
Nutrition 21

Writer for national  
newsletter for the  
Prevention of Diabetes

Group Exercise Instructor  
and Director of Group  
Exercise Program at  
Sun-Up Fitness in  
Deer Lodge, Montana

Wellness Instructor for  
Adult Education at the  
Grant Kohrs Library

## PARTIAL CLIENT LIST

### Celebrities

Chuck Norris  
Evander Holyfield  
Arnold Schwarzenegger  
Lee Haney  
Lenda Murray  
Lou Ferrigno  
Maria Shriver  
Gregory Hines  
Joe Piscopo

### Corporations & Associations

Baylor College of Medicine  
Johnson Space Center — NASA  
World Gym Licensing  
Rohm Haas, Inc.  
First Baptist Church of Pasadena  
South Shore Harbor Resort and Hotel  
Deer Park Independent School District  
Michigan State Police - Criminal Investigation Unit  
Fort Madison Community Hospital

### Media Appearances

FOX – “Every Woman” national show  
QVC – “On-Air Nutritionist” in the UK and the USA  
PBS – Host of “Healthy Living” segments weekly for 7 years  
ABC – “Good Morning Houston”  
“The Debra Duncan Show”  
“Company Show”  
ESPN – “Lee Haney’s Championship Workouts” (3 shows)  
CBS – “Morning News – low-fat cooking segments”  
NBC – “News 2 Houston Health Beat”

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