

Suzanna McGee



A Voice of Energy,
Positivity, and
Health

"Suzanna's positive life energy is **contagious**"

"After one session you feel like you can **accomplish anything** you want and overcome any obstacle on your road."

Suzanna McGee is a former Ms. Natural Olympia bodybuilding champion, a certified performance coach, injury prevention specialist and a plant-based nutrition expert with over 25 years of experience.

She will help you to improve your health, well-being, and athletic performance through mindful fitness training and plant-based nutrition.

Her books "The Athlete's Simple Guide to a Plant-Based Lifestyle" and "Tennis Fitness for the Love of it" will guide you toward health and maximum performance.

Without health, there is no happiness.

Suzanna's passion for the subject of fitness, health, longevity and positive outlook on life is contagious.

Speaking Topics

Eat Plants and Get Fit and Healthy

The power of plant-based nutrition for maximum health and easy weight management.

Plant-Based Nutrition for Maximum Athletic Performance

Improve your athletic performance and recover through plant-based nutrition.

Injury Prevention and Mindful Fitness

Find and correct the imbalances in your body and thrive in your health and fitness without aches and overuse injuries.

Excellence is a Habit

Small daily actions compound over time and create huge results in your life, athletic performance and health.

BOOK SUZANNA

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BOOKS

