

Dr. John Spencer Ellis has been described as a "Fitness Guru" and "Fitness Celebrity" by NBC News. CBS News says he is a "World-renowned Fitness Expert." FIT magazine calls John "One of California's Top Trainers." The New York Post says, "John is a combination of Tony Robbins & Jack Lalanne."

He created fitness programs used by Cirque du Soleil and the U.S. Secret Service. And he consults the UFC (Ultimate Fighting Championships).

He is the host of "The OC Body" TV show on the Healthy Living Channel.

As President of NESTA (National Exercise & Sports Trainers Association) he has educated over 45,000 fitness professionals around the world.

He holds degrees in business, health science, marketing, education and is completing a **second** doctoral degree in naturopathy (nature-o-path-e). He holds a second degree black belt in kung-fu and has completed the Ironman triathlon. In addition, he has 15 professional certifications.

John is a health and fitness lifestyle "realist" who specializes in helping busy people go from knowing what to do to actually doing it.

Please welcome John Spencer Ellis.

If you need to reach John for any reason please call.

office: (949) 713-5319

cell: (949) 683-3986

email: john@johnspencerellis.com