

## Shannon R. GaNun



Shannon R. GaNun is a fitness and communication professional with a wide range of experience spanning more than 20 years. She is an ACE-certified personal trainer who specializes in helping individuals and groups reach their fitness goals.

Shannon is also an AFAA-certified group fitness instructor and has taught almost every kind of group exercise class imaginable since the early '90s.

Shannon believes that fitness and getting in shape should be FUN. She helps people set and reach their fitness goals by developing comprehensive workouts that include a variety of exercises, weights, machines, drills, and games to challenge their body and mind. She creates programs that fit each person's fitness level, lifestyle, and goals.

As a result of training with Shannon, clients notice that they are stronger and more flexible, and they are able to work out longer and harder. They see benefits in their everyday life, too—they have more energy and improved mental concentration. They look better and feel better. Most importantly, they have learned what they need to know to continue working out and improving their health.

Shannon offers the following services:

- Body sculpting
- Cardiovascular training
- Circuit training
- Core strengthening
- Fitness assessment
- Flexibility training
- Goal setting
- Group programs
- Health history
- Individual programs
- Injury prevention
- Interval training
- Kickboxing
- Pilates
- Step aerobics
- Sport-specific training
- Strength/resistance training
- Weight loss/management
- Yoga

Shannon believes that nutrition plays an incredibly important role in a person's overall fitness and health. Using her copyrighted "Weight Loss Principles" as a guide, she teaches clients how to commit to sound nutrition principles to get the most out of their fitness programs and their lives.

Shannon's continuing interest in health and fitness has led her to use her writing and communication skills to educate people on these issues. She is currently a columnist for *Fitness Edge*, an online magazine for fitness instructors. Shannon is also a public speaker on the subject of fitness and has spoken to various groups throughout the years about the importance of leading a fit and healthy lifestyle. She is also an examiner for AFAA.

In addition to her fitness career, Shannon runs her own marketing/communication business, providing quality writing, design, and marketing/communication expertise to various clients. You can see samples of Shannon's work at [www.shannonganun.com](http://www.shannonganun.com).

Shannon has a double major in journalism and political science from the University of Wisconsin-Madison and a Desktop Publishing Specialist Certificate from The George Washington University. She and her husband, Ed (a Naval Officer and Aviator) have three children, Natalie Rose (10), Jacqueline Marie (8), and James Patrick (6).