



“GETTING YOU BACK IN THE GAME”

Whether you are in a corporate setting or athletic environment, Mike Ryan’s speaking events can help you and your team “get back in the game”. Choose from any of these interactive sessions to quickly enhance the health and attitude of your staff with cutting-edge techniques based on the latest advances in health and wellness.



Mike Ryan PT, ATC, CES, PES

- Corporate Wellness Leader
- Purpose-Driven Speaker
- Media Contributor and Expert
- Physical Therapist Consultant
- Athletic Trainer

Dedicating 26 full seasons in the NFL, Mike Ryan PT, ATC, CES, PES is a renowned expert in the sports medicine field. As the current on-field Certified Athletic Trainer and Physical Therapist Consultant for **Sunday Night Football** with NBC Sports, Mike is a nationally recognized speaker and consultant. As an accomplished 6-time Ironman triathlete, his unique hands-on approach to injury management and wellness captivates audiences with insight that is EASY to understand, SIMPLE to apply and produces FAST results.

Recent Speaking Engagements:

- American College of Sports Medicine
- American Orthopaedic Society for Sports Medicine
- Andrews Institute
- National Athletic Trainers Association
- National Sportscasters & Sportswriters Association
- Navy Seals, Coronado, CA
- Professional Football Athletic Trainers Society

Top 5 Health & Fitness Secrets from the NFL

Keeping elite athletes, most with a history of extensive orthopedic injuries, is no easy task. Learn how you too can benefit from the “inside scoop” on the latest advances in sports medicine techniques, safe conditioning, healthy nutrition and overcoming common injuries usually reserved for professional athletes.

Corporate Wellness Made Easy

Enhancing your health and wellness doesn’t have to be complicated. I can teach your employees how to think differently about themselves and enhance their health the Mike Ryan way: With information that is Easy to Understand, Simple to Apply & Gets Fast Results.

Awake the Athlete Inside You in ONLY 32 ½ Days

Why does society assume if you’re over 30 years old you should just embrace getting old and age passively? Hell no! It’s time to re-embrace your title of “ATHLETE” and learn how to apply that mentality by training smarter not harder

Wellness 101: Change Your Attitude & Change Your Life

An average athlete talks to themselves at a rate of 1200 words per minute. How you think and what your mind says to yourself is so important. Let me teach you and your employees how professional athletes utilize VISUALIZATION and SELF-IMAGERY to overcome fear, injuries and low self-esteem to allow your team to perform at a world-class level.

Stronger For Longer: How to Get Better Every Day for the Rest of your Life

Most investments take time. Meanwhile, compound interest flourishes with time. I can show you how to maximize your body’s return-on-investment (ROI) with simple tips to take control of your health by getting better every day in areas such as nutrition, ab strength, lower body fat and proven conditioning plans.

Taking Ownership of Your Body & Mind Today.... and What It Means to You

Your body, mind, self-image and emotions belong to one person: YOU. Too often people hand the responsibility for their health and wellness over to their doctor, personal trainer and/or family member. Let me show you how your entire organization can quickly reap healthy rewards by regaining ownership of your bodies and minds.