

IF I CAN DO IT! SO CAN YOU...

Marty Mercer works with organizations that want to improve employee health and fitness to maximize their personal and professional performance.

M:M
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Marty presents a hilarious, motivational, and practical approach to getting your life back on track. This presentation will appeal to the couchpotato as well as the ultra marathoner. Don't miss this well grounded success story. *-Dr. Daniel Marshburn*

I was most impressed with the way you immediately connected with your audience, exhibiting both humor and sincerity, weaving your personal story of transformation while simultaneously giving subtle motivation tips to our sales team. From a management perspective, your session was certainly a winner - I highly recommend it! *-Paulette Wilder*

I have been inspired by speakers before, but never motivated into action, like I was with your presentation. Using your suggestions and tips I have started my own get fit plan, and seeing results. I have lost 8 pounds in the 5 weeks on the plan. You have a great sense of humor which helped to drive home your points and I still think back to them to keep me on track. *-Linda Horne*

Thank you for inspiring me. I had a baby girl almost 6 months ago. I found myself slowly slipping away from the woman I used to be and not recognizing who I was. I love my daughter, but I realized that I have to be here to do that. I accept your challenge to commit to changing my life!"

-Natacha Simon-Christie



Marty inspires people to action, to behavioral change, to a new outlook, that leads to improved performance at work and at home

- Creating your Success Team
- Building your Action Plan
- Managing and tracking your plan
- Creating the right habits for success
- Overcoming Your "Big 4!"
- Integrating your fitness plan and work schedule
- Apply your work skills to your fitness life
- Achieving the Impossible

Marty's signature program, "If I Can Do It So Can You!", is a humorous and inspiring presentation that will motivate the audience to overcome the obstacles in their life.

We all need to be reminded that the basic tenets of success in our professional lives can inspire action, and lead to fulfilling personal lives as well. Marty inspires people to action, to behavioral change, to a new outlook, that leads to improved performance at work and at home.

Costume changes, bowling balls, and bags of concrete are just some of the tools Marty uses to help his audiences commit to making a change in their life so they can reach their potential and maximize their performance.

The audience will leave truly believing that if Marty Can Do It, So Can They!