



# CHAD AUSTIN

PERSONAL TRAINER, CONSISTENCY COACH,  
BEST SELLING AUTHOR, OWNER OF PRIORITY FITNESS

AS SEEN ON



I help busy professionals get out of their own way, and improve their quality of life, by building their consistency muscle and making fitness a priority.

to book Chad

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[chadaustinfitness.com](http://chadaustinfitness.com)

In a world that is flooded with promises of instant gratification, short cuts, quick fixes, and easy buttons, Chad helps his clients stop constantly starting over so they can improve their quality of life with long term fitness success. Chad's clients include busy entrepreneurs, athletes, and celebrities. Whether speaking in front of large groups, or delivering live or virtual workshops, attendees always walk away with a plan that they can use immediately.

Chad Austin has been a leader in the fitness industry since 2003. He is the owner of Priority Fitness in Overland Park, KS, and is also the best selling and award winning author of the book series, "Make Fitness A Priority." Chad is a regularly called upon fitness and wellness guest expert for local and national media. He was the host of the talk radio show, "Be Fit...For Life", and has been a featured guest on over 20 podcasts.

I had the pleasure of hearing Chad speak at the National Wellness Expo, in CT. I am a very good judge of character (because I am Dr. Phil), and know that Chad is very authentic and genuine. Like every good trainer, he is willing and able to evolve and learn new things, so he can help as many people as possible, improve their quality of life.

**PHIL SOTTILE FOUNDER OF INTELLIGENT FITNESS "BEST GYM" OF LONG ISLAND FROM 2010-2019**

## TALKS / PROGRAMS

### THE FORMULA TO FIT FITNESS INTO YOUR LIFESTYLE IF YOU'RE A BUSY PROFESSIONAL.

If your goal is to get long term success and not just temporary results, then what you do for fitness must fit in your life. If it doesn't fit in your life...it simply won't be in your life very long.

**Get off the rollercoaster of inconsistency, stop starting over, and finally make fitness a long term part of your life.**

#### You will learn:

- You will learn what instant gratification really is and how avoiding it can help you stop starting over.
- You will figure out how fitness best fits in your life right now so you can use it to become your best self.
- You will learn how Chad's 4-step Fit Fitness In Your Life Formula can help you Make Fitness A Priority in your life.
- You will learn what you will G.A.I.N by fitting fitness in your life.

### WIN THE FIGHT AGAINST YOUR EXCUSES AND MAKE FITNESS A PRIORITY

Everyone sees health and fitness as something that is important, but we always seem to put it off until later. We all have obstacles in our lives that we use as excuses as to why we can't make our own health a priority at the moment. The good news is anyone can learn to make fitness a priority in their lives. All you have to do is simply make a decision to do it. It won't always be easy, but it will be worth it.

#### You will learn:

- You will learn how to overcome obstacles that are preventing you from starting your fitness journey.
- You will learn how to change your mindset from "I'm too busy" to "I can do this right now"
- You will learn how to stop skipping apts with your most important client...you.
- You will learn How to become a donut slayer

**PERSONAL TRAINER, AUTHOR, SPEAKER. BOOK CHAD TODAY! 913-488-2816**



# Here's why Chad is the best choice for your next event...

Chad understands exactly how to help busy individuals, not only reach their short term goals, but how to help them make fitness a priority for life! Attendees always walk away with a realistic plan that they fit into their busy lifestyle. Chad does more than present, he creates an experience for his audience.

## CLIENT LIST

- National Wellness Expo
- The Human Fit Project
- Moving Beyond Excuses Series
- Ask Stacey Now: Autoimmune 101
- Voice America Health & Wellness
- Shawnee Rotary Club~Shawnee Mission, KS
- Make Fitness A Priority Workshop: Breaking Through Plateaus
- Be Fit...For Life Healthy Happy Hour
- Play Your Position Podcast
- Bomb Mom Podcast
- The Dad Bod Pod
- Strong Moms Fitness Podcast
- Straight Up Wellness
- Super Power Experts
- Exploring Mind & Body



“We loved having Chad as a Speaker for our National Wellness Expo. He did a great job, and was fun to work with!”

**ANGELA SANTANA, VP OF MARKETING NATIONAL WELLNESS EXPO**

“Chad was very easy to work with! He shared so many gems at the Moving Beyond Excuses Virtual Series that not only supported me but the participants who were also trying to quit with the excuses and embark on a more meaningful fitness journey. He surely knows how to inspire people to prioritize fitness, well he should, because he wrote a book about it!”

**KARETTA CHARLES, FOUNDER OF MOVING BEYOND EXCUSES & FITNESS SWAG**

## BOOKS & AWARDS



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