

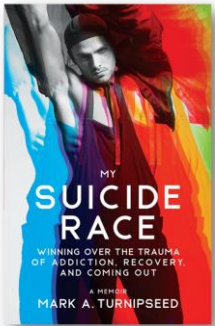
FOCUS ON FITNESS

The world of fitness offered Mark A. Turnipseed the tools he desperately needed to manage the trauma of addiction, recovery, and coming out.

Mark's passion for fitness saved his life. In a quest to train for a triathlon, he learned that he could no longer run away from his problems and fears. Using the core tactics taught in fitness training, he began building up the inner strength that he ultimately needed to change the course of his life.

Speaking topics include:

- *How Fitness Saved My Life*
- *How Social Media Can Help You Meet Your Fitness Goals*
- *How Exercise Helped My Chronic Disease—Addiction!*
- *Overcoming The Biggest Fitness Fears and Stereotypes*



NEW BOOK!
**My Suicide Race:
Winning Over the
Trauma of Addiction,
Recovery, and
Coming Out**
by Mark A. Turnipseed

FOR MORE INFO:
www.MarkATurnipseed.com

CONTACT:
Mark@MarkATurnipseed.com
404-368-7917

