



## **Ken Weichert (SGT Ken®) USA-MFT, USA-MRT, ACE-GFI**

Ken Weichert (aka SGT Ken®) is an award-winning international speaker, six-time US Army Soldier of the Year, Master Fitness Trainer, Master Resilience Trainer, Counterintelligence Agent and decorated combat veteran. Ken is a graduate of the John C. Maxwell Coach, Teacher, Trainer and Speaker Course and a National Speakers Association CSP™ (Certified Speaking Professional). Ken was awarded his ninth Army Commendation Medal for achieving Distinguished Graduate at the Army Leadership Course for Counterintelligence. Ken has trained over one million Service Members and civilians through Operation Fit to Fight, has written over 100 articles for GX®, Backpacker®, Outside®, Health®, and created the Operation Family Fit video series and fitness kits for the Air National Guard. Ken is the recipient of the Canadian Fitness Professionals (canfitpro) 2011 Best New Presenter of the Year award, the EMPOWER Fitness 2013 Male Presenter of the Year award, the IDEA WORLD 2016 Fitness Instructor of the Year award, the EMPOWER Fitness 2017 Inspiration Award of the Year, has been featured numerous times on ABC, CBS, NBC, Fox news, and continues to serve as a host for the Fit for Duty show on the Pentagon Channel. Ken was recently awarded his tenth Army Commendation Medal for creating the Warrior Fit Camp program for the Tennessee Army National Guard Suicide Prevention Task Force, helping thousands of Armed Service Members turn stress into strength and obstacles into opportunities through physical and emotional resiliency coaching and leadership training.