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**Mickey Ellison Show**  
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**March 11th 2015: Seeking the Road**

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The Road to Complete Fitness continues to move. We will discuss the most recent Complete Fitness event that was held in Wichita, and our plans moving forward such as the building of the new website, and the services that we plan to provide. We've moved on faith to start this, and now it's time for real action in obliterating debt, fighting obesity, and presenting the only true road to complete fitness, Jesus Christ. Special guest this week is Nicole Keating. She will share her personal fitness journey and her passion for people as she leads them by example and motivation to reach their own

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### Featured Guest



#### Nicole Keating

First and foremost, I am a daughter, sister, granddaughter, niece, and friend. I am very family oriented, my family means the world to me. Secondly, I am a Nurse and a Beachbody Coach. I am passionate about helping others whether that is as a nurse in my day to day job, out in the community, etc. or if it is helping others lead a healthier lifestyle as a coach. Through my own crazy weight loss journey even before becoming a beachbody coach and now as a beachbody coach, I have been able to lead by example, be a motivator, and a support system for others on their own journeys. Through my weight loss journey, I became inspired to push myself to compete in triathlons, a half marathon, and ot

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