



Birth Date: 3/10/77
Hometown: Edmond, OK
Resides: Jacksonville, FL



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SHANNON MILLER

7-Time Olympic Medalist
America's Most Decorated Gymnast

PROFESSIONAL HIGHLIGHTS

- 7 Olympic Medals: 2 Gold, 2 Silver, 3 Bronze
- 9 World Championship Medals: 5 Gold, 3 Silver, 1 Bronze
- Television/Radio Host (MSNBC, NBC, Comcast, Health & Wellness Channel, etc)
- Author of multiple fitness and health related books and videos
- Member of 8 Halls of Fame

PERSONAL

- Wife, Mother, Olympic Gold Medalist, Health & Fitness Advocate, Cancer Survivor

BACKGROUND

Shannon Miller remains The Most Decorated American Gymnast, male or female, in history. She is the *only* American to rank among the Top 10 All-Time gymnasts and is the only female athlete to be inducted into the US Olympic Hall of Fame – Twice! (Individual (2006) and Team (2008))

Shannon has won an astounding 59 International and 49 National competition medals. Over half of these have been gold. She is the only US gymnast to win 2 World All-Around Titles. Her tally of five medals (2 silver, 3 bronze) at the 1992 Olympics was the most medals won by a US athlete in any sport. At the '96 Games, she led the "Magnificent Seven" to the US Women's first ever Team Gold and for the first time for any American gymnast, she captured Gold on the Balance Beam.

After retiring from Olympic competition, Shannon received her undergraduate degree in marketing and entrepreneurship and her law degree from Boston College. She then moved from Olympic athlete to television/radio host.

Shannon is the host of **Health & Wellness Channel's "Wish List with Shannon Miller"** (airing 2012) where Shannon travels the country granting wishes to children and young adults with life threatening medical conditions. "The opportunity to help others through The Wish List with Shannon Miller is a very special way to be a part of fulfilling dreams and share inspiring and empowering stories." In addition, Shannon hosts her weekly talk radio show dedicated to women's health and fitness.

She launched her company **Shannon Miller Lifestyle: Health and Fitness for Women** along with her series of fitness books, cookbooks and fitness DVD's in July, 2010. In 2011, she launched the **Shannon Miller Walk-Fit program**: a free online tracking and incentive program. She continues to travel the country as a highly sought after motivational speaker and advocate for the health and wellness of women and children.

Shannon and her husband welcomed their first child, John "Rocco" on October 28th, 2009. In January of 2011, Shannon was diagnosed with a malignant germ cell tumor, a form of ovarian cancer. She had the baseball sized tumor removed successfully and followed up with 9 weeks of chemotherapy for this rare germ cell malignancy. Shannon has remained open and public about her diagnosis and treatment through the media and her blog "My Journey." Shannon is currently cancer free and continues to be a strong advocate for making health a priority. Her message with regard to annual exams and screenings: "Do not delay, do not reschedule, early detection saves lives."

Official website: www.shannonmillerlifestyle.com, www.shannonmiller.com
Twitter @SMillerGold
Facebook @ www.facebook.com/SMLifestyle

BOARDS

- President and Founder of the Shannon Miller Foundation to fight childhood obesity
- Jacksonville Sports and Entertainment Board
- Board of the Florida Sports Foundation
- Board of Blessings in a Backpack (children's health & nutrition)
- Board of NPlay (childhood obesity)
- Board of the UCO Community Council for the USOC Community Partners Program



MEDIA HIGHLIGHTS

- Host of Health & Wellness Channel's "Wish List with Shannon Miller" (2012)
- Spokesperson for Natural plus Energy bars
- Author *Competing with Cancer* (2011)
- 2011 Interviews: Good Morning America, Sanjay Gupta, Fox & Friends, Inside Edition, USA Today, Extra, Health Magazine, Fitness Magazine, More Magazine, and many more.
- First *and only* Gymnastics App "Get in the Game" in partnership with Apple.
- Host of Shannon Miller Lifestyle Radio (1 hour weekly radio show - WOKV)
- Host of *Frosted Pink with a Twist* an event to raise cancer awareness (with Scott Hamilton) – (ABC)
- Host *Gymnastics 360° with Shannon Miller*, a weekly program for Comcast. (2004-2009)
- Commentated NBC's HDTV coverage of men's and women's artistic gymnastics for the 2004 Olympic Games in Athens, Greece.
- Analyst for MSNBC's coverage of the 2000 Sydney Olympic Games.
- Analyst for both men's and women's artistic gymnastics for NCAA events as well as National and International Elite competitions.
- Columnist: "Shannon Says" column for *Inside Gymnastics Magazine*.
- Shannon speaks professionally on healthy lifestyle, women's health and empowerment, leadership, goal-setting and overcoming obstacles to audiences at corporations, associations & universities across the country.
- Presenter at televised award shows including Southern Sports Awards, Golden Goggles and Kids Choice Awards.
- Author of *Shannon Miller Fitness To-Go Series*, *Shannon Miller Pregnancy Cookbook*, *Shannon Miller Runner's Journal*, *Shannon Miller Food Journal and Exercise Log*, *Shannon Miller Body After Baby DVD*, *Shannon Miller Fit Pregnancy DVD*
- Author of *Winning Everyday: Gold Medal Advice for Healthy Happy Living* published by Random House.
- Featured in books including Rizzoli's *Balancing Acts* by Christina Lessa, *Letters to My Younger Self* by Ellyn Spragins and *Born to Dream* by Rollan A. Roberts II, among many others.
- Featured in national magazines including *Fitness*, *Sports Illustrated*, *Vogue*, *Glamour*, *Woman's Day*, *International Gymnast*, *Inside Gymnastics*, *Parents*, *SI for Kids*, etc.
- Hundreds of appearances on television, radio and print media throughout the U.S. including *Lifetime TV*, *1 vs. 100*, *Conan*, *Late Night with David Letterman*, *Saved By The Bell*, *Wayne Brady*, *Regis and Kathy Lee*, *Today Show*, *GMA*, *Inside Edition*, *1010XL*, *Anderson 360*, *MSNBC*, etc.
- Nintendo DS: *Imagine Gymnast* (Learn Gymnastics from America's Most Decorated Gymnast)

AWARDS

- (2011) Look Good, Feel Better "Dream Girl" (American Cancer Society)
- (2011) Honored by JDRF (Juvenile Diabetes Research Foundation)
- (2010) Inducted into the NASPE Hall of fame
- (2008) Woman of Inspiration Award (*Sacramento Monarchs*)
- (2008) Women's International Sports Hall of Fame
- (2008) US Olympic Hall of Fame (Team) (*Shannon is the only female athlete to be inducted into the USOC Hall of Fame twice*)
- (2006) Boys Club All Sports Hall of Fame
- (2006) International Gymnastics Hall of Fame
- (2005) U.S. Olympic Hall of Fame- 2nd female gymnast ever inducted
- (2003) U.S. Gymnastics Hall of Fame- most decorated gymnast in United States history
- (2002) Oklahoma Sports Hall of Fame- Youngest Inductee
- (1998) U.S. Gymnastics Hall of Fame – Team category
- (1996) Co-Grand Marshal- Rose Bowl Parade with Carl Lewis
- (1994) Dial Award National High School Athlete Scholar- Dial Corporation
- (1994) Henry P. Iba Citizen Athlete Award- First Recipient
- (1994) Presidential Medallion- USA Gymnastics
- (1993) Female Athlete of the Year- National March of Dimes
- (1993) Governor's Youth Award- State of Oklahoma
- (1992-1996) James E. Sullivan Award Nominee- Amateur Athletic Union
- (1992, 1994) Jim Thorpe Award- Oklahoma Amateur Athletic Union (first recipient)
- (1992) Steve Reeves Award- New York Downtown Athletic Club (first female recipient)
- (1992) Edmond Citizen of the Year- Edmond Chamber of Commerce
- (1992) Oklahoma Ambassador of Goodwill; Governor David Walters

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