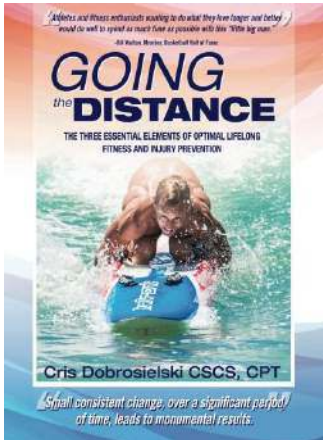




# Cris Dobrosielski

CSCS, CPT, CHC, MT



"The plan Cris lays out in *Going the Distance* is an excellent mental and physical tool for adult athletes, in any sport, who want minimize the risk of injury and maintain a high level of performance."

--Rowdy Gaines  
3x Olympic Gold Medalist

"Any athlete and fitness enthusiast wanting to do what they love longer and better would do well by spending as much time as possible with this little big man."

--Bill Walton  
Member, Basketball Hall of Fame

Cris Dobrosielski is an acclaimed author, motivational speaker and an internationally recognized expert in health, fitness, sport performance and injury prevention.

Cris is a writer, consultant and spokesperson for the American Council on exercise. He is a frequently featured expert on national media/information sources including, Huffington Post, CBS Nightly News, Reuters, Runner's World, Senior Planet, The Ultimate Sports Parent, and LiveStrong.

When not on the road presenting and consulting, Cris conducts private sessions at his Monumental Results Fitness and Wellness Clinic in San Diego with clients of every ability level, from Professional and Olympic athletes to stroke patients.

An accomplished performance coach of both world class youth and adults, Cris himself also practices his *Going the Distance* philosophy of intelligent lifelong fitness and has earned 4 Masters World Championships and 6 National Championships in surf lifesaving events.

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*Small consistent change, over a significant period of time, leads to Monumental Results*