



## **Brock Armstrong**

### **Topics**

Health and Wellness, Lifestyle, Sports

### **Travels From**

Canada

### **Bio**

Brock Armstrong is a certified AFLCA Group Fitness Leader with a designation in Portable Equipment, NCCP and CAC Triathlon Coach, and a TnT certified run coach. He is also on the board of advisors for the Primal Health Coach Institute and a guest frequent guest lecturer at the Human Potential Institute. Brock has presented for audiences in Canada, the USA, and Mexico on topics as diverse as how to stay fit at a desk job, why cubicles aren't the enemy, and how to create a successful podcast. He has also run online lectures for the Weighless Program and Kion U. Brock is the host of the Get-Fit Guy podcast, which reaches millions of listeners a year who trust him to debunk the hype and translate sports science and research into easy to understand and use advice. With his often goofy approach and no-nonsense disposition, his audience has come to trust him for all their movement needs. Brock has also hosted or co-hosted other podcasts including Workplace Hero, Endurance Planet, Ben Greenfield Fitness, and Primal Blueprint.

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## SPEECHES

***How Our Jobs are Killing Us and What We Can Do About It*** After making the switch from Office Worker to Fitness Coach, I have become very aware of my fellow desk jockey's lack of physical prowess and I want to do something about it. I don't think everyone needs to run marathons, I just want you to feel better, look better and live a good long life.

***How To Get More Movement Into Your Day (without hitting the gym)*** The evidence is all around us—we can't offset or undo several hours of stillness with a single hour of exercise. So here's how to inject more movement into your day.

***You Are Not The Problem - All Diets and Exercise Plans Suck*** We tend to blame ourselves when a diet or exercise plan fails to make us into the chiseled Adonis we want to become. But the truth is that the problem isn't you. The problem is that diet culture is flawed.

***How To Edit Like a Pro and Create a Signature Sound*** Aside from being a fitness and movement expert, Brock is a veteran audio production engineer who has worked on hundreds of podcasts. In this session, you will learn how to edit your podcast like a pro, and create a signature sound that will catch and keep your listener's attention.

REVIEWS: "The [Lightning Talk] that has changed my life the most was in fact not the winning talk, it was Brock Armstrong's talk on Fitness for Software Nerds. I know I am not the only person who now has a trash can on my desk where my laptop sits in lieu of an expensive standing desk." — Mark Littlewood (Business of Software conference CEO)

"Hey man - remember when you gave that talk on fitness at BoS a few years ago? Well, that DID land with me - it was one of the inputs that caused me to get healthier about 5 years ago. Been lifting weights ever since. Just wanted to let you know that your work matters and has an impact! So thanks :)" — Patrick Foley (Product Manager at Moraware)