



**Military and Combat Speaker Consortium**

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## **Bio of Ken Weichert**

**Speaker, Author, Master Fitness Trainer, Counterintelligence Agent**

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 veteran of Operations Iraqi Freedom and Desert Storm. He served as a Team for a Tactical Human Intelligence Team (THT) during his time with the California Army National Guard. He was awarded three Army Commendation Medals for service during combat.

He has been featured in an Emmy award-winning program on CBS and numerous other segments on ABC, NBC and FOX news; featured in the Washington Post, Wall Street Journal, San Francisco Chronicle, San Francisco Business Times and 7X7 magazine. Ken has hosted over 70 full-length fitness videos on the Pentagon Channel, and successfully trained over 500,000 Service Members and civilians through [Operation Fit to Fight](#).

Ken created Warrior Fit Camp, a highly effective tactical fitness, nutrition, resilience training and life-coaching program for the Air and Army National Guard. As an author, he has written over 100 fitness and health articles for GX®, Backpacker®, Outside® and Health® magazines, and websites including Military1.com, Military.com and NationalGuard.com. In addition, he created the [Operation Family Fit](#) video series and family fitness kits for the Air National Guard.

He is a CSP™ (Certified Speaking Professional), a member of the National Speakers Association, and a graduate of the John C. Maxwell Coach, Teacher, Trainer and Speaker Course.

Ken was awarded the Canadian Fitness Professionals (canfitpro) 2011 Best New Presenter of the Year, the EMPOWER Fitness 2013 Male Presenter of the Year, the IDEA WORLD 2016 Fitness Instructor of the Year, the EMPOWER Fitness 2017 Inspiration Award of the Year, the Canadian Fitness

Professionals (canfitpro) 2017 International Presenter of the Year, and continues to serve as a host for the Fit for Duty show on the Pentagon Channel.

He was awarded a Letter of Appointment by the Chinese Government, naming him the Ambassador of Health and Fitness for the city of Changsha.

Ken was 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.