

Mike Sweeney – Resume Business Improvement District #40

Professional Experience:

- Mike has close to 20 years of personal fitness training experience in the Milwaukee region.
- Continues to own and operate Opened Sweeney's Gym in May 2006 he owned a personal training studio and managed the Riverside Theater in Milwaukee. He is also a board member of the Airport Gateway Business Association (AGBA) and (AGBID.) Mike is the chair person for safety and security in the 13th district for the Gateway to Milwaukee.
- To meet demand, Sweeney's Gym recently relocated to a new and larger retail space (6050 S Howell Ave - still within the AGBID 40) to provide a better more expanded health and wellness experience to his clients and members at Sweeney's Gym.
- Mike has written for publications such as Milwaukee Magazine, Milwaukee Journal Sentinel and Q-life Magazine.
- Mike has been featured on Channel 4 news group and Small Business Times to add to his success, including a regular and reoccurring television segment

Personal Life and Community Commitment:

- Mike is married to his beautiful wife, Karen, and has three boys Brandon, Maxwell and Connor.
- Mike was the Football Coordinator for SAAA, voted by the board for a two-year term.
- Mike enjoys working out, water sports, four-wheeling and of course, anything to do with his family. Mike's favorite food is pizza, which he eats once a week. I wish!
- Mike's philosophy is "Health is Science-Fitness is Fun," and understands the root to a person's health is peeling away the layers of pain within their emotions. All the experts say this, yet few in the fitness industry actually practice it. The link between emotional well-being and health is common knowledge. However, few in the fitness industry make sure they assess this issue. Mike uses this as the starting point when doing client assessments. He has a wide range of clientele including men and women of all ages, people with disabilities, pregnant women and people recovering from injuries or surgeries.