

Mike has over ten years of personal training experience. Prior to opening 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. Mike also 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.

Mike is married to his beautiful wife, Karen, and has three boys Brandon, Maxwell and Connor. Mike is going into his second year of coaching his sons basketball team. Mike is 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 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.

Mike's philosophy is "Health is Science-Fitness is Fun."