

People Talks

Presented by Canal Pursuit Productions

[Instagram.com/canalpursuit](https://www.instagram.com/canalpursuit) [Sunday May 9 at 3:00pm](#)



Introducing our next speaker, Kyle Rausch, AKA “The End Game Fitness,” the brand he developed because it embodied what he saw as the best version of himself: in pursuit of living an active, healthy lifestyle, who held himself to a high standard while showing self-love and kindness, respecting his body, taking responsibility for his actions and his outcomes, and being capable of being a role model to those around him, keeping himself in the best possible shape and helping others do the same in a balanced, sustainable way that promotes peak fitness AND longevity. He's been a personal trainer / life coach for over a decade, has over 20 certifications in leadership, fitness and nutrition coaching but he says the largest value he has received is the years of experience in the trenches working one on one with peoples anxieties, their struggles, sense of self and capacities to transform their lives through fitness training.

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The Covid-19 pandemic has taken a heavy toll in a lot of ways, not least of which has been the mental health of us all, and especially those who were already facing their own challenges. Recognizing that **each of us has a story**, and that **each of our stories has value**, Canal Pursuit Productions is organizing a series of talks called People Talks, connected to mental health and fitness. The goals of People Talks: to give people the opportunity to share their stories, help people to know that they are not alone in their struggles, and to share a few self-care pointers.

