

The Eugene Veg Education Network (EVEN)
is proud to host

Mike Grudzien

presenting

How to Be Vegan Strong (A Message from Someone Who Knows)



Saturday, 7/13/24, 2pm

**McNail-Riley House
601 W. 13th Av,
Eugene OR
Free Admission**

Mike Grudzien Bio

Born and raised in Chicago, Mike grew up in a large Polish family with lots of Polish cooking. Mike started a fitness journey at age 19 but focused on "slamming weights around and eating lots of meat". Sophomore year, Mike took a break from college and served 4 years in the Marines, 3 of the 4 attached to the US State Dept. as Marine Security for American Embassies in Europe.

Returning to college, using the GI Bill, Mike received his Bachelor's and Master of Advertising, both degrees with Honors, from the University of Illinois. Mike spent over 30 years in corporate America, primarily in high cap sales, both domestic and international. The last 8 years, Mike has been involved in real estate investing, mentoring, long term and short-term rentals, and private money lending.

Mike went vegan around 2010 and never looked back. He has lived longer than his father, grandfather and great-grandfather, all of whom had fatal heart attacks in their early 60s. Mike's vitals (BP: 106/73, resting pulse: 53, waist: 29-30", bodyweight: 139-142lbs.) belie the fact that he is now in his 70s and comes from a family rampant with obesity.

Mike Grudzien shares his journey from wimpy kid in grammar school to the US Marines and onto extreme fitness charity events. Nutrition made all the difference in strength, fitness, health and recovery. He offers tricks, tips and hacks that helped along the way. And he's still training hard in his 70s!

Notes from Mike

Whole food plant based vs. vegan: potato chips, french fries, Coke, are vegan.

Anybody, at any age, or any state of health, or fitness, can dramatically improve their health and fitness by taking responsibility for their health, nutrition and physical well-being.

If it comes from a box, can or package: it should be immediately suspect.

"Let food be thy medicine."--**Hippocrates**.

veggie mix: kale, spinach, beet, banana, broccoli, ginger root, purple cabbage, lemon juice, berry (cran, blue, straw), NuNaturals stevia

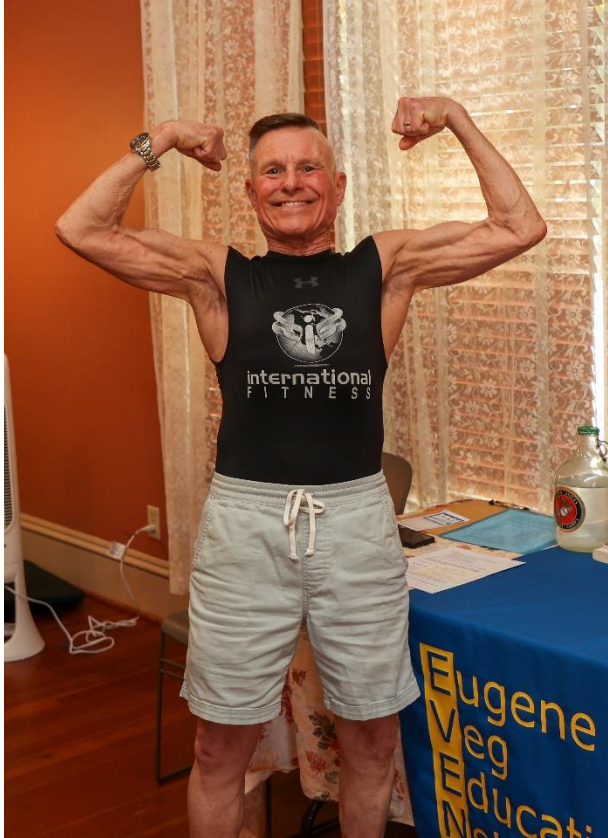
spice/nutrient mix: soy protein, cocoa, turmeric, cinnamon, maca, ginkgo, amla (Indian Gooseberry), ashwagandha, spirulina, chlorella, cumin & black cumin, astragalus, ginger root powder, fennel, rosemary, black pepper, nutritional yeast with B vit., clove, moringa, fresh ground black pepper, ground chia seed, taurine, glutamine, creatine.

dried fruit: apricots, raisins, cranberries, dates, prunes, goji berries.

nuts: almonds, cashews, walnuts, peanuts, pumpkin seeds, sunflower seeds, baru nuts.

Recommended Reading: "Growing Young" by **Marta Zaraska**

"Genetics loads the gun, what you eat pulls the trigger." – **Dr. Daniel Amen**



Mike Grudzien



Mike and Terry Lee



Robert and Volunteer Linda