

Shannon Miller

*7-Time Olympic Medalist
at a glance...*

Resides: Jacksonville, FL
Birth date: March 10, 1977

- 7 Olympic Medals: 2 Gold, 2 Silver, 3 Bronze
- 9 World Championship Medals: 5 Gold, 3 Silver, 1 Bronze
- Television Host & Personality/Web/Radio Host
- Author of multiple fitness and health related books and videos
- Member of Eight Halls of Fame



Points of Interest...

- Shannon Miller remains the **Most Decorated Gymnast in American History**.
- The *only* American to rank among the Top 10 All-Time gymnasts and is the only female athlete to be inducted into the US Olympic Hall of Fame – Twice! (Individual (2006) and Team (2008))
- Shannon has won an astounding 59 International and 49 National competition medals. Over half of these have been gold.
- She is the only US gymnast to win Two World All-Around Titles



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In depth....

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All-Around Titles and she is the first American female to medal in the individual all-around of a non-boycotted Olympics. Her tally of five medals (2 silver, 3 bronze) at the 1992 Olympics was the most medals won by a US athlete in any sport. At the '96 Games, she led the "Magnificent Seven" to the US Women's first ever Team Gold and for the first time for any American gymnast, she captured Gold on the Balance Beam. She is the first American gymnast to win an individual gold medal at a fully-attended Summer Games and cemented her place as the most accomplished gymnast, male or female, in U.S. Olympic history.

After retiring from Olympic competition, Shannon received her undergraduate degrees in marketing and entrepreneurship from the University of Houston and her law degree from Boston College. She then moved from Olympic athlete to advocate for the health and wellness of women and children.

Shannon launched her company Shannon Miller Lifestyle: Health and Fitness for Women along with her series of fitness books, cookbooks and fitness DVD's in July 2010. She continues to travel the country as a highly sought after motivational speaker and advocate for the health and wellness of women and children.

In January of 2011, Shannon was diagnosed with a malignant germ cell tumor, a rare form of ovarian cancer. She had the baseball sized tumor removed successfully and followed up with 9 weeks of aggressive chemotherapy. Shannon remains open and public about her diagnosis and treatment and continues to empower women to make their health a priority. Shannon is currently cancer free and continues to be a strong advocate for early detection.

Shannon hosts a weekly radio show in partnership with St. Vincent's HealthCare dedicated to health and fitness. She remains involved with the sport of gymnastics as a commentator and analyst. Most recently she worked as an expert analyst with Yahoo! Sports and commentator on NBCOlympics.com during the 2012 Summer Games.

Shannon's memoir, *It's Not About Perfect: Competing for My Country and Fighting for My Life*, publishes April 21st, 2015. Her story of trial and triumph will inspire others to overcome any obstacle.

She and her husband welcomed their miracle baby girl on June 25th, 2013. Daughter Sterling joins big brother, Rocco, born October 2009.

