

Are You Wearing Your Oxygen Mask?



We've all been on a plane when the flight attendant told us that in the event of a drop in cabin pressure a mask will fall from above. She states, "Please put your mask on first before helping your child or someone else." This is a metaphor for life!

In this presentation Dan Polimino shares a message of why it's important to take care of ourselves first, before helping anyone else. "Too many Christians today are so wrapped up in serving, that they forget to take care of themselves along the way. Before long they're tired, frustrated and stressed out! Resentment builds. Soon they forget why they are serving in the first place and eventually drop out of sight." It doesn't have to be that way. *Let's tap into God's power!*

This program is ideal for religious organizations.

Book Dan Polimino and find out what "Wearing your oxygen mask" is really about:

- It's about unleashing a power inside of you that may have been hiding and also changing more of the inside than the outside.
- It's about realizing that God never intended for you to go through this life alone and He gave us the power of support.
- It's about being an inspiration to those you work with, minister to, live with and care for.
- It's about spending more time with God and having a better relationship than you ever thought possible.
- It's about fulfilling your potential as a human being and loving it.
- It's learning that by giving to yourself first, you'll be even more of a blessing to others.

When the presentation is over you will walk away with:

- More energy
- More self-confidence
- More power
- More time with God

"Thank you so much!! I have just come from your seminar at the Children's Pastors Conference and you all are amazing, you belong on the big stage, more people need to hear you. I have just ordered your books, DVD and CD on line. I am more excited then I have been in a long time!!"

-Ann Marie Delaney, Falls Church Virginia

"You can't miss Dan's passion to help people feel better and get in shape. He genuinely cares about people and wants to see them treat their bodies as God intended."

-Pastor Blake LaMunyon, Highlands Ranch, CO



“Let me say out of the dozens of ministry training workshops I’ve attended as a Children’s Pastor, none has had more direct impact on the way I serve and minister than the half day workshop you led.”

—Scott Dodson, Children’s Pastor - Church of the Open Door, Glendora, CA

Other Presentations From Dan Include:

“The Great Shape-Up Program” — Fifty million people will start a weight-loss program this year and 90 percent will fail. Why? It’s simple. People are confused by misinformation, and they lack the strategies to be successful. Book Dan & Jennifer Polimino to speak at your next event and share a message on how you will be enlightened, triumphant, and how you will learn the “power of two.”

“Are You Fit For Business?” — US businesses are losing 100 million workdays each year to poor health at a cost to employers of 20 billion dollars! How much are you losing? It’s more than just money. Book Dan Polimino to speak at your next meeting or event and share a message of how creating a “CULTURE of Health” will position your company to be in shape for success. Can your company be the best company in America to work for? Yes, it can if you create the right CULTURE!

“How to Find Out What Motivates You” — For most people weight gain and poor health are just a symptom of an underlying problem. Until people figure out what’s going on between their ears they’ll never resolve the external symptoms or be successful in their fitness goals. Have Dan Polimino share his expertise in finding out what motivates you.

Books & Audio/Video Programs:

The Great Shape-Up Program. Ask how you can provide a copy for each attendee.

ACCOMPLISHMENTS & HONORS

- President of Paradigm Fitness, Inc., a fitness company for a healthier America
- Syndicated Newspaper columnist read by more than a million people per week
- Author of The Great Shape-Up Program and video series
- Television Health & Fitness Expert for FOX-TV
- National Radio Talk show host
- Certified personal trainer with the American College of Sports Medicine and the American Council on Exercise
- Founder and Executive Director of Agape Ranch, Inc.
- Host/Moderator and Master of Ceremonies

CLIENTS INCLUDE:

- The Hilton Waikoloa Village
- The Denver Newspaper Agency
- Media News Group
- The Colorado Dental Association
- The Toronto Blue Jays
- Ross/Abbott Laboratories
- Syracuse University
- Metropolitan State College of Denver
- Steeleboy Productions
- The Beck Group
- EAS
- Body For Life
- International Network of Children’s Ministries
- Christ Church
- Forum Colorado
- Pulte Homes

Dan Polimino is a syndicated health and lifestyle columnist read by millions of people in newspapers and on the Internet. He and his wife, Jennifer, are “America’s Healthiest Couple” and authors of The Great Shape-Up Program. He is an accomplished speaker providing corporations, resorts and religious organizations everything from short-program motivational speaking to complete four-day makeover getaways.

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