

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.

Based on the book and video series, *The Great Shape-Up Program*, you will acquire a virtual gold mine of life-changing and physique transforming inspiration and tools. You will be enlightened! You will have the power to lose weight, gain muscle, feel better, look better and live a happy, healthier life. You will learn why diets don't work and how to eat right for the rest of your life. You will be inspired to find out what really matters and moves you. You will help others and have a new found awareness of the meaning of support. You will appreciate and assimilate the "power of two." And you will be triumphant!

Book Dan Polimino for your next meeting or event and share a message how anyone can easily shape up for the rest of their life. This program is an energetic and entertaining look at how you can be the best you can be! You'll benefit in a variety of ways:

- More energy
- More self-confidence
- More power
- More space in your jeans

It's all about the FOUR MORE'S...

- **More energy** means you can experience life on your terms. Say goodbye to a ho-hum lethargic life and hello to any new challenge.
- **More self confidence** means you are proud of who you are, what you are, where you are going and you are not afraid if everyone knows it.
- **More power** means you have the ability to conquer whatever comes your way. You have control over the direction of your life and can strive for higher levels of achievement.
- **More space in your jeans** is a good thing. We call it the "**The Power of The Pants**" because it's the one piece of clothing that can influence how you feel more than any other.



"He captures the attention of everyone in the room with his enthusiastic, energetic style... His presentation is creative, and his use of multimedia is superb. His sense of humor definitely keeps the audience entertained while they learn. I came from the presentation with optimism, and it motivated me to take charge of my health and well being."

—Dwight Brown, Denver Newspaper Agency

“Our people were blown away, thank you so much...

You gave us invaluable tools to use, and all of the information is readily available at our convenience.”

–Mike Huber, Colorado Dental Association

Other Presentations From Dan Include:

“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!

“Are You Wearing Your Oxygen Mask?” – Evangelicals are so busy taking care of everyone else that they forget to take care of themselves. In this program Dan shares with you why God cares about your spiritual life and how you can have a relationship with God that you never thought possible.

“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

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 and resorts everything from short-program motivational speaking to complete four-day makeover getaways.

“You are an inspiration to us all...

The information was exactly what our company needed. It was presented with clever ideas that everyone can use, and you customized it to our industry issues and challenges.”

–Jody Lodovic, Media News

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 • P.O. BOX 261625, • Littleton, CO 80163

P: 303.683.4795 F: 253.390.1233 www.BookDan.com