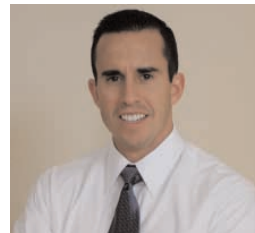


DAN POLIMINO

Nationally Syndicated Health and Fitness
Expert and Motivational Speaker



Dan Polimino is a syndicated health and fitness 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.

Dan Polimino is available for presentational speaking. Whether it is 45 minutes or three hours, Dan's seminars capture your audiences' attention with topics from how to live a healthier, happier life to being a more productive employee.

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

PRESENTATIONS

HEALTHY, HAPPY EMPLOYEES

Corporate America is always looking for ways to get the most out of their employees from a creative perspective to lessen sick days. They try incentive programs, different management techniques and spend thousands of dollars on self-help gurus to manage their time. What people really need is to feel physically better—and that spills over to every area of one's life. US businesses lose 100 million workdays each year to lower back pain at a cost to employers of **20 billion dollars**. How much are you losing? Dan Polimino helps companies create not only healthy employees, but some of the most productive employees in the country.

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

THE HALF-DAY BOOT CAMP

Does your organization want hands-on training on how to be happier, healthier people? If so, then why not work and workout with "America's Healthiest Couple?!" This half-day presentation combines the success of *The Great Shape-Up Program* seminar with hands-on, one-on-one training by Dan and Jennifer Polimino. They will even bring in chefs to cook for everyone. This presentation teaches more than strategies and concepts; it achieves results.

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 Group

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. You will be enlightened, you will be triumphant, and you will learn the "power of two" with "America's Healthiest Couple."

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. If you want to truly give your employees something valuable, this is the presentation.

THE MAKEOVER GETAWAY

The Great Shape-Up Makeover Getaway is an affordable new way for resort guests or employees to jump-start their weight loss or to rejuvenate a tired body. During this relaxing extended weekend, your guests will receive four days of nutrition and exercise coaching from "America's Healthiest Couple." This package includes group instruction, one-on-one personal training, healthy meals and several luxury spa treatments. *The Great Shape-Up Makeover Getaway* truly is the ultimate kick-start to physical fitness and nutrition.

GET HEALTHY. GET FIT. GET MOVIN'!

www.paradigmfit.com

CLIENTS INCLUDE:

- The Hilton Waikoloa Village
- The Denver Newspaper Agency
- Media News Group
- The Colorado Dental Association
- The Toronto Blue Jays
- Syracuse University
- The Glenmoor Country Club
- Metropolitan State College of Denver
- Gold's Gyms
- Steeleboy Productions
- The Beck Group



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

Health and Fitness Expert for Media News Group web sites reaching 9 million people per month

Television Health & Fitness Expert for FOX-TV

National Radio Talk show host

Certified personal trainer with the American Council on Exercise and the American College of Sports Medicine

Founder and Executive Director of Agape Ranch, Inc.

Host/Moderator and Master of Ceremonies

BOOKS

The Great Shape-Up Program

COMING SOON

America's Healthiest Couple: "Is Having a Baby"

America's Healthiest Couple: "Wedding Workouts"

America's Healthiest Family: "Works Out Together"

America's Healthiest Family: "Is Getting Older"

AUDIO/VIDEO PROGRAMS

The Great Shape-Up Program

The Great Shape-Up Fitness Minutes

FOR MORE INFORMATION

DAN POLIMINO
10104 Foxridge Court
Highlands Ranch, CO 80126

P: 303.683.4795

F: 253.390.1233

dan@paradigmfit.com

www.paradigmfit.com

GET HEALTHY. GET FIT. GET MOVIN'!

www.paradigmfit.com