



Kevin Gianni - Author, Speaker, Health Advocate

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Kevin Gianni - Biography and Fact Sheet

Kevin Gianni is recognized worldwide as a health author and advocate. He is the creator and co-author of *"The Busy Person's Fitness Solution,"* the optimal wellness system that helps busy people reach optimal health using only three to four hours of their precious time a week. His expertise includes exercise, energy techniques, nutrition, paradigm shifting and stress relief.

Kevin got his start in graduate school researching holistic modalities at Western Connecticut State University. While doing so, he learned many different non-traditional approaches to solve very traditional fitness and health problems. Since then, he has been studying and putting those techniques and philosophies into practice through one-on-one and group sessions, teleconferences, seminars and film/product production.



His techniques are embraced by busy people because they are simple, easy-to-use, and guaranteed to get results in just a few days. He uses a simple, "take action" approach to fitness that is welcomed by many who've been duped by the gadgets, magazine articles, and flavor-of-the-month scientific studies.

His book and techniques have changed the lives of busy entrepreneurs, business owners and more nationwide:

"Your program really helped to put me on the right track and everything that's happened in my life since then has contributed to my success. I just want to thank you for your energy and motivation and to let you know that you've really made a difference in my life - something I'll never forget. :) You're great!!!"

Lisa M., Golden's Bridge, NY (Lisa loved us so much she started working with us!)

"Hi Kevin, Your idea of counting exercise activity in terms of "hours per week" versus "days per week" changes my whole outlook. It is a wonderful concept. I am going to step it into action right away. Keep on! You are terrific!"

Belle, NY

"I had never experienced a personal training process that involved such lifestyle integration. Whereas before, finding an opportunity to exercise was complicated with my very busy schedule, now it is essential and a key motivating factor in my life. Today, I am excited to exercise and look for ways to integrate activity into my daily life."

Ayelet G. Weiselfish, P.T., I.M.T.,C.

Kevin is responsible for helping thousands of people reach a level of health and fitness they never thought was possible. He is often quoted as promising "maximum results in the minimum amount of time... guaranteed!"

He has been quoted and interviewed by many national publications including:

WebMD · EDiets · Cooking Light · Woman's World · Skiing Magazine · Today's Diet and Nutrition · The Orlando Sentinel · The Chicago Daily Herald · San Antonio Express-News · Albany Times Union · STL Today · The Kansas City Star · My Family Doctor · NBC 30

In addition to being a published author and fitness expert, Kevin is a shameless trail running addict and pretty good guitar player. He lives in Danbury, CT with his wife and business partner Annmarie and their cat, Jonny 5.

TO BOOK AN INTERVIEW, CONTACT OUR PR DEPARTMENT: [JV@LIVEAWESOME.COM](mailto:jv@liveawesome.com)