



## Kevin Gianni - Author, Speaker, Health Advocate

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### Suggested Interview Questions for Kevin Gianni, Author of “The Busy Person’s Fitness Solution”

1. What exactly is the busy person’s fitness solution?
2. What makes your book different from the hundreds of other fitness books out there?
3. In your book you say to “ignore the science of exercise and take your health into your own hands.” What do you mean by that?
4. Most people I know start a program and then three months later are no longer doing it. Why do they fail?
5. How can someone who thinks they don’t have time to workout 6 days a week for 30 minutes still reach optimal health?
6. Some people haven’t made the connection between their health and their success. Why is it so important to have the two working together?
7. You talk about superfoods in the book, what exactly is a superfood?
8. What are some of the best superfoods and what do they do for you?
9. Is there a “best” exercise anyone can do?
10. Is any strength training good? What about weight lifting?
11. What are some quick ways for someone to get maximum energy in the middle of the day when they’ve gotten into a rut?
12. How can people learn more about how you can help them reach a level of optimal health?

To learn more about Kevin’s fun and educational, daily health show called “The Renegade Health Show” and get a free “RenegadeHealth Quickstart Package” filled with over \$100 of free ready-to-use health advice, please visit [www.TheRenegadeHealthShow.com](http://www.TheRenegadeHealthShow.com).

#### Suggested Introduction for Kevin Gianni

Kevin Gianni is an internationally known health advocate and author of “The Busy Person’s Fitness Solution,” a complete wellness system that helps people reach optimal health in the least amount of time. Kevin has been quoted in many national publications and newspapers and is ready to give you some proactive, “easy-to-implement” optimal health tips that will transform the way you feel throughout the day. Be sure to have a pen and paper ready. He’ll be giving you information you won’t want to miss.