

**Darin Steen...**



***“The High Energy Speaker Who Motivates People to Build a Better Body... and Build a Better Life!”***



**Darin Steen, the "Trainers Trainer" is America's Top Fat loss, Healthy Lifestyle Coach. A best selling Author, drug-free for life Professional Bodybuilder, Personal Trainer, Motivational Speaker, and family man, he is an expert on fat loss, fitness, gaining muscle, and aging gracefully.**

**Darin's philosophy is based on an understanding that it's not only about being lean, fit, and active. It's also about being more creative, less stressed and more confident with greater energy.**

Having sold and serviced over 25,000 Personal Training Sessions, Darin achieved Lifetime Fitness' "Trainer of the Year" nationwide (out of 1,500 trainers) in 2001, '02, and '03. After founding Steen's Elite Physique's in 2006, his clients are able to work longer, have more productive work days, and then come home with energy left for the most important people in one's life-- your family.

Darin helps his clients tap in to "REAL" energy, not two cups of coffee in the morning energy. His fast fat-burning program called the FATLOSS LIFESTYLE SYSTEMS digital download e-course is viewed by many professionals as the most unique, time efficient, safe, fun, and effective fitness / fat loss program ever designed!

He has also published his "Simple Fitness Exercises Made Easy" video Course, "Interval Cardio DVD", and "The Complete Exercise Video Library DVD" which includes 140 of his best exercises, all designed to achieve and maintain an optimal fitness lifestyle. His Newsletter, "Reach Your True Potential" provides coaching for individuals in 8 countries.

After playing football throughout college and semi-pro, Darin began competing in the WNBFF (World Natural Bodybuilding Federation) which requires a drug free training approach. As a result, Darin was surrounded by drug-free competitive bodybuilders who shared their secrets and Darin has incorporated the best of the best in his Fatloss Lifestyle System.

Darin has teamed up with Dr. Mercola of [www.Mercola.com](http://www.Mercola.com), the #1 Natural Health Website in the world, as the face and contributing editor of his "[Mercola Peak Fitness](#)" side of the site, which has over 1.5 million subscribers including over 100,000 health professionals.

Darin's personable nature and interactive speaking style makes him a great addition to your conference as a keynoter, breakout / morning session, or "Energy Booster" between Speakers to keep your groups energy high!

***Call (708) 307-1579 to book Darin for your group today!***