

# Darin Steen

Build A Better Body...  
Build A Better Life!™

Inspires and Motivates Your Team To:



## Get Lean... Get Strong... & Get Going with Darin's System...

"I have coached 100's of pro athletes and trainers. Darin's ability to inform, inspire, and motivate anyone and everyone to the highest level & beyond is unparalleled."

*Jim Fannin "#1 Sports Mind Coach"  
(coached Alex Rodriguez "6 time MLB all-star"  
for 18 years) and dozens of other star athletes*

## ...Compelling Your Team To Take New Initiatives Together

"Darin has provided myself and [Mercola.com](http://Mercola.com) with enormous benefits. It's easy to relate how being properly motivated can get you in better shape with a better attitude, but **we see significant improvements with our overall work production as well.** Dr. Mercola is flying all over the world but yet he chooses to train with Darin, one on one. For businesses that ignore taking on the responsibility of getting their employees in shape, I hope they would be willing to try a 3 month period of dedicating some space and someone as gifted as Darin to help improve the health and production of their employees. **I recommend Darin Steen** for personal or corporate training programs, and speaking possibilities. **He continues to elevate our level of fitness and production each week!"**

*Steve Rye, CEO  
Mercola.com*

## ...With Breakthrough Results!!

"We've had Darin Steen speak at a several of our sales staff meetings to focus our Realtors on health and energy. Darin was well prepared & gave our team simple, usable tools that we could take home and implement immediately. Using his program I am working out less and keeping my waist line under when I was 20 years old. **I highly recommend Darin** for public speaking engagements involving sales, health & fitness, and "real" energy!! He is a master motivator!!"

*Brian Kuzdas, Founder  
OwnACondo.com and RealEstateAuctions.com*



*"His Passion Is To  
Help You Reach  
Your True Potential  
Through Making  
Healthier Fatloss  
Lifestyle Choices"*



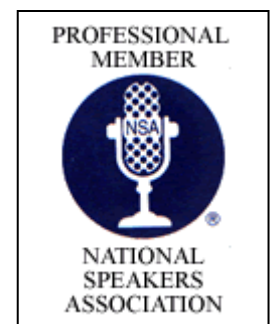
[www.FatlossLifestyle.com](http://www.FatlossLifestyle.com)

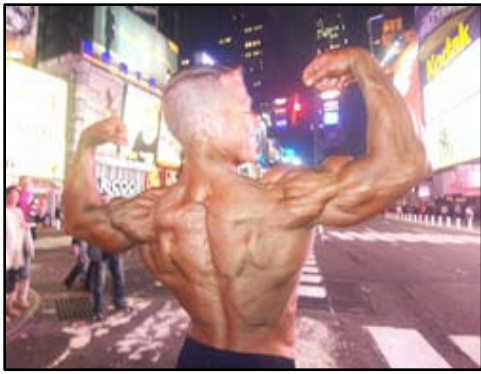
You've got to ask yourself how important the Health and Well-being of your employees is to your bottom line. Are there real costs associated with employee attendance, energy levels and focus at work?

When Darin Steen shows up at your conference, just his physical presence makes a statement of what's possible for the health of a human being. His belief that everyone can take some simple steps to improve their health and well being reaches his audience beyond his words, because he instills that belief in everyone who hears him!

Through easy to follow materials and demonstrations, he shows you exactly how to EAT, THINK and EXERCISE (with weights or just body weight exercises) in a way that is fun to follow so it becomes a **HEALTHY LIFESTYLE that you live.** He brings an energizing presence to your conference that elevates the participation and energy levels of the entire audience so that they engage more, enjoy it more, and walk away with the belief and practical process to create a healthier lifestyle once at home!

You can give each participant one of Darin's Digital Programs on disk to support them even further to create a compelling future full of *life, energy and vitality!*





Darin Steen in Times Square

### Some of Darin's Clients Transformations...



"Darin's program totally took all the guess work out of it for me. You will not believe all the tools that he gives you."

- Don Raymer - Chicago, Illinois



"Darin's unique time efficient system has changed my body, my mind, and my life. Spending only three to four hours per week working out is all it took."

- Lori Burton



### Other Fine Companies Darin's Worked With...



## KEYNOTE PRESENTATIONS

### How To Get The Very Most Out of This Conference!

This session is an awesome way to warm up the crowd and set a motivational high-energy context for your conference! Darin rallies the Team to generate an open mind, a ton of positive energy and a willingness to stretch their comfort zone. They are compelled to not just make the most of the conference here, but to set a course for how they will relentlessly improve their efforts back in the field where it counts! Great Icebreakers for them to Meet & Greet & bond as a Team then sets the pace. He also introduces "Promise Cards"™ cards to capture "Hot Tips", best practices, "To Do's" and key content from the conference so they can hit the ground running once they get back!

### Real Energy

Darin creates a plan of action for anyone and everyone to make simple, subtle changes in their lifestyle to create "Real Energy". The changes are easy to implement and the difference is instantly noticeable.

Darin's Fatloss Lifestyle approach is not only about "Getting into your skinny jeans" as much as it is about having more real energy, being more creative, and being more engaged all day long. It's about pulling in the drive way at the end of a long work day and having something left over for the most important people in your life: *YOU AND YOUR FAMILY*. This session will improve energy, focus, and concentration in your life!

### Fitness / Fatloss Nutrition Principles for Life (Food)

Darin informs everyone on how easy it is to eat not only high quality foods but how to figure out the correct portion size and timing of meals. Darin's simple to implement nutrition principles not only empowers you to eat better with your fast paced life, it enables your body to be more healthy with steadier blood sugar levels and consistent energy and concentration patterns.

### Reach Your True Potential (Mind Set)

Everyone who meets Darin instantly raises the bar on what they expect for their life. Darin gives the participants a simple, doable game plan on how to get their mind set right for success. You see, life is an inside out game. Everything starts with the belief systems we have. Hundreds of Darin's clients' lives have radically changed because they've transformed their Mindset, which then empowered them to establish a "Healthy Lifestyle" which changed their bodies. Darin has testimonials of clients who have stalled diseases dead in their tracks once they followed through with his Mind Set, Goal Setting and Visualization exercises.

The focus on this session is on how to become more balanced between business, money, relationships, and personal fitness / health. Some people have labeled Darin as the "Dream Weaver". You see, Darin believes that whatever someone else believes with an absolute sense of certainty will inevitable become a reality for them.

### Simple Fitness Made Easy (Exercise)

No equipment needed resistance workouts. Darin will lead a group workout to demonstrate how intense and effective a complete body workout can be with no equipment. No equipment needed Cardio vascular workouts and stretching.

Darin will lead a Group Workout Session to demonstrate how effective and time efficient a cardio session with no equipment can be. Darin can also send all attendees home with a DVD Program "Simple Fitness Made Easy" with 34 easy to follow exercises they can do at home. It's the ultimate "Virtual Trainer" experience.

### How To Live Longer & Stronger!

Darin will convince attendees that they get what they focus on. Most people are focusing on what they don't want. For the history of the world, the average life expectancy for man has been 40 years old. In the last 100 years with technological and informational advances we have increased man's average life expectancy to 79 years old. In this inspirational Session, Darin teaches how it's not how old you are, but it's the quality of your health that determines the quality of your life. A healthy person has many wishes; an unhealthy person has only one.

Participants learn how to motivate themselves to eliminate unhealthy habits and pursue healthier habits and goals that lead to a health centered lifestyle they can enjoy even more.

In this session Darin uses goal setting and visualization tools he has created and honed to get anyone and everyone set on what to truly expect for the length and quality of their life.

Call Darin Steen to discuss your conference objectives now at  
**1-708-307-1579!**