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### Be Fit For Life Archives Available

**November 04th 2013:** A community dedicated to embracing challenges and pushing forward!

Do you have questions about fitness? Where can you go to answer a question about anything fitness related? The answer is the [www.humanfitproject.com](http://www.humanfitproject.com). Mike Simone, the founder of the HumanFitProject and associate editor for Mensfitness.com, is joining me on the show this week. He will tell us how the HumanFitProject will be a place where the varying aspects and lifestyle of fitness can be enjoyed by everyone. Whatever your goals are, let's accomplish them together!

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### Featured Guest



#### Mike Simone

Mike Simone is the Associate Editor for Men's Fitness.com, and is the Founder of HUMANFITPROJECT- A digital, multi-platform fitness and active lifestyle brand – HUMANFITPROJECT is an emerging digital entity, whose mission is to cultivate a community of fitness enthusiasts - delivering fun, innovative and compelling fitness content across all digital platforms. The HumanFitProject will inspire, provoke action, and make a difference! For more information on Mike Simone and HUMANFITPROJECT, visit us online at [www.HUMANFITPROJECT.com](http://www.HUMANFITPROJECT.com). Simone's professional career began on the advertising side of the business working for The New York Times Company, th

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