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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. 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. Simone's professional career began on the advertising side of the business working for The New York Times Company, then followed by a brief stint in the be

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