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LIFESTYLE 360



THE LIFE CIRCLE *to achieving*
a healthy mind body and soul *with NICOLE MONER*

LifeStyle360

Archives Available

June 24th 2014: Lifestyle 360 with Steve Trezek, founder of the Fitastic®

Listen in to Steve Trezek, founder of the Fitastic® online fitness community, through 20 years of experience in understanding real strategies, proven recommendations, and science behind what it takes to live a healthier life you deserve. As a society we are constantly smothered by sensational marketing campaigns claiming you will lose weight, get fit, and obtain shredded abs overnight. Steve will squash these repetitive messages that have distorted our senses of what it really takes to succeed and what achieving sustainable results is really about. He will discuss the assisting features o

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Featured Guest



Steve Trezek

Long before the inception of the rapidly growing online fitness community, Fitastic®, Steve Trezek, enthusiastically broke ground in the Fitness and Health Club Industry back in 1996 due to his pure passion for engaging in others fitness needs and his personal thirst to gain sustainable knowledge in the field. Through relentless development, he became ACE and NASM certified, committed his daily learning to others through a positive mental attitude, advanced up to several management/supervisor positions, and had the opportunity to share his experience and skill set with hundreds of successful Personal Trainers while changing thousands of lives in the process. In 2012 Steve transitioned out

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