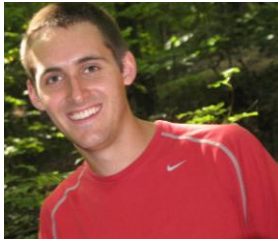


Dan Falkenberg



Dan Falkenberg obtained a Bachelor of Arts Degree in Exercise Science from Asbury College. He's an ACE and NASM-PES certified personal trainer, an 800 meter All-American in track and field, and a past collegiate athlete in cross country and soccer. Before starting Your Live Trainers (YourLiveTrainers.com), a personal training company based out of Columbus, Ohio, Dan accumulated personal training experience with Gold's Gym, Lifestyle Family Fitness, and Nationwide Insurance.

He's the feature fitness writer for *ColumbusSports.com*, he has his own fitness blog (DanFalkenberg.com), and he's been a feature fitness professional in the *Columbus Dispatch*, the *Cincinnati Enquirer*, *Central Ohio Health* magazine, at fitness conferences, and on *10TV* (Columbus' CBS affiliate).

Dan's company, Your Live Trainers, is an online personal training company that provides weight loss and fitness programs for busy people; Your Live Trainers helps its clients achieve their fitness goals in their own home or office with online fitness training sessions broadcasted LIVE over the Internet, as well as through designing personalized cardio programs and providing nutrition guidance. The client's live, online personal trainer will work out with them and guide them through the exercises for that day. If they have questions during the workout, they can ask through a chat interface, and their trainer will answer them right then as they're being guided along.

Education

Bachelor of Arts in Exercise Science with a Pre-Medical Emphasis

- Asbury College; Wilmore, Kentucky (May 2005)

Certifications

- National Academy of Sports Medicine – Performance Enhancement Specialist (NASM-PES)
- American Council on Exercise – Certified Personal Trainer (ACE-CPT)

Websites

- www.yourlivetrainers.com
- www.danfalkenberg.com

Company Profile

- **Owner of Your Live Trainers**
 - Based out of Columbus, Ohio, we provide interactive, online training sessions broadcasted LIVE over the Internet, as well as personalized cardio programs and nutrition guidance. Our mission is to provide busy people, such as stay-at-home moms, with a convenient and affordable method to achieve a healthy lifestyle.
 - The session is broadcasted in our studio, the session appears live on the client's computer with live video and audio, and during the session, the client and trainer can communicate back and forth through an online chat.
 - In between session, we provide 24/7 support and provide personalized assistance in other areas such as nutrition and cardio.
 - We also provide services to corporations to assist in implementing corporate wellness programs. Services include on-site consultations, conferences, seminars, brown bag lunch presentations, motivational talks, etc.

Press

- Fitness blog has been featured on many national and international media outlets, including FOX News, Reuters, USA TODAY, and the Chicago Sun-Times.
- *10TV News (Columbus, Ohio's CBS affiliate)*: May 3, 2008 – Weekend, morning news broadcast
- *The Cincinnati Enquirer*: (728,800 readers) – March 28, 2008 – “Go online and get in shape”
- *The Columbus Dispatch*: (750,000 readers) – June 25, 2007 – “Product Watch”
- *Central Ohio Health*: (54,000 readers) – Awaiting publication

**2008
Teaching/Speaking
Schedule**

- *FitcomXpo*: (800 attendees) – March 27, 2008
- Feature fitness writer for *ColumbusSports.com*

**2009
Teaching/Speaking
Schedule**

- Freshwater Community Church: February 2009

Products

- Fitness video set: 2008 - [The Fat Dissolver Program](#)
- CD: 2008 - “Developing the successful client”
- Online Newsletter: Every 5th of the month – [The DF Free Press](#)

Future Products

- First published book: Tentative 2009 release date

If you have any other media inquiries, please contact Dan by email (dfalkenberg@yourlivetrainers.com).