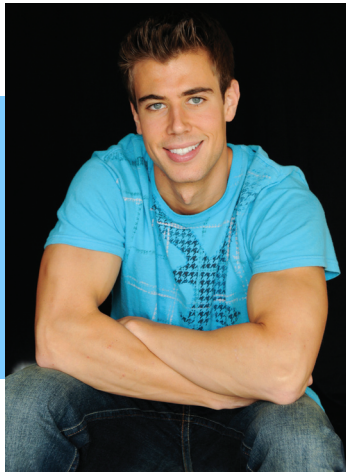


Dustin Maher



# Interview Dustin Maher, "America's Fitness Trainer to Moms" Helping Moms Eat Like a Linebacker and have a Metabolism of a Hummingbird

How has Dustin been able to help more people in 6 years than most trainers do in a lifetime? Maybe it is because of his "boy next door" good looks and his ability to speak directly to the hearts and minds of moms.

Dustin has a unique ability to educate, motivate, and inspire moms from

around the world to put themselves first and transform their body past the point they even thought possible.

Fitness professionals are a dime a dozen all claiming to have the secret, but Dustin has risen above everyone else in the industry and in 6 short years has helped 4759 moms get into

the best shape of their lives. In the process Dustin has appeared 87 times on local and national TV, as well as over 20 times on radio station, and been on the front covers of Personal Fitness Professional, and In Business (as one of the top 40 entrepreneurs under the age of 40).

## Story Ideas:

**1. Are you having an affair with your Häagen-Dazs?** "The scoop" on what to do when you love your ice cream more than your mate.

**2. "He cuts out the chips, loses weight... and now I hate him."** What women can do to have a metabolism like their man.

**3. Celebrity Makeover for the rest of us:** how to get your husband/wife to look like Brad Pitt/ Angelina Jolie.

**4. Why cardio, crunches, and low fat diets actually make you fat.**

**5. Can Moms Bring Sexy Back?** 5 ways to get the hubby to stare at something besides the TV.

**6. Are moms poisoning their kids?** Never pack these 5 common foods in your kids lunch boxes.

**7. How to build your social network while working out.** Why workout buddies are the best BFF's.

**8. Weird and Wacky Ways to Workout:** pumpkins, sports cars, and babies.

**9. Controversial Cardio Vs. Strength Training:** why strength training burns 5-9 times more fat than treadmills, bicycles, and ellipticals.



## DVD Home Workout Programs

### • Media Experience

National and International Guest Television • Print • Internet • Radio



Regular guest on NBC, ABC, CBS local affiliates, Wisconsin Public Radio, Parents TV, The CW, Isthmus, Personal Fitness Professional, sugarlips.com

### • What the Media is Saying About Dustin Maher:

Enthusiastic, very knowledgeable about fitness, able to communicate his expertise in a friendly manner  
-Jim Packard, Producer for WPR

Our television viewers love Dustin's ideas and advice. He makes exercise easy to understand and gives workout ideas that are unique and fun!"

-Sarah Carlson, News Anchor

### • Contact Information

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### • Availability

Nationwide by arrangement  
Based out of Madison, WI  
2 hours northwest of Chicago