

Praise from Clients

"I loved the fast paced energetic style of Rob's seminar... He really keeps my interest! One of the few speakers I've seen with that kept me motivated!"

Aimee Hand

"Rob, your nutrition seminar was really great! Your message needs to reach more people and FAST!"

Denise B. Little

"Rob makes fitness & nutrition make sense. He gets me motivated!"

Glenda Childers

"Rob provides information in an easy to understand way. He makes it so simple!"

Leslie Shaw

"Rob is a great speaker, very well informed, and has a strong delivery in his approach. We were fortunate to have him! I was totally surprised!"

Lonnie Huggins

"This information has given me the information I need to change my lifestyle without having to buy the latest "miracle" diet book"

Jackie Turner

"Great knowledge and great trainer! — Rob could motivate the laziest person!!"

Michelle Huffman

"Great job Rob!! The information and presentation was great. It put diet and exercise into perspective. I like your sincerity!"

Lisa Speagle

"Excellent Seminar!! Very plain and simple to understand with common sense. Very motivational and informative!"

Diane Reid

"Six stars out of five!! The things I have learned from Rob's program have given me the stamina to take on many responsibilities and get a great deal accomplished in my life!"

Ann Browning

"Great information and words of encouragement that truly empowered me!"

Lydia Austin

"Sensational Speaker!!" ★★★★★

Karen Myrick -Meeting Planner

Rob Goodwin Personal Trainer & Motivational Speaker

Rob Goodwin is a fifteen year veteran personal trainer, fitness expert, author, speaker, avid cyclist, and the Director of Personal Training at The Spa Athletic Club in Hickory, NC. Rob has helped thousands of men and women achieve fitness success all over the country. Having



been "in the trenches" of the health and fitness industry for over a decade - Rob Goodwin has what it takes to empower the individual to leave behind an unhealthy lifestyle once and for all! His objective is to diligently spread "fitness reality" to his clients and help them attain the level of fitness success they desire. Rob's training methods have been hailed as enlightening, innovative and transformational.

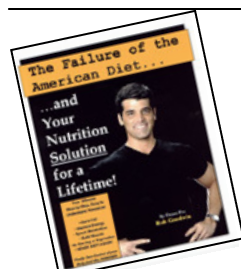
Rob's gift is in teaching others how to attain optimum health through a balance of nutrition, exercise, and motivation. As a public speaker, Rob has spoke to seminar audiences from coast to coast. His seminars are loaded with information to enable people to liberate themselves from the many myths and misconceptions surrounding fitness and nutrition. He delivers his message in an energetic and interactive manner, which adds to his popularity and success. Rob seamlessly translates this cutting edge information at the Spa Athletic Club and in clients homes where they can

benefit from this knowledge one-on-one. After just a few sessions with Rob it's "as if someone has gently untied the blindfold that has kept the truth about health and nutrition hidden from sight." Rob's delivery is convincing, interactive and easy to grasp! His use of

humor and "laymen's terms" help to unite his area of expertise with everyday people. He's an advocate for the people and his mission is to educate and motivate others to achieve superior quality of life while positively effecting physical and mental growth, which can take them far into the future.

Rob Goodwin leaves no stone left unturned in his quest to improve the quality of life of his clients. Rob's training style and nutritional information is a welcome change in an industry plagued by gimmicks and hard to follow fads that simply don't work! Rob's tailored approach and entertaining style consistently earns him rave reviews!

In the age of the "information highway" - Rob Goodwin has captured the most important health, nutrition and fitness facts and presents them in a wildly entertaining and unique way that will take you on the fast track to success in fitness and in life!



Rob's popular book, **The Failure of the American Diet...** offers a complete source for achieving fitness success. This exciting book offers the most comprehensive yet easy to learn approach to nutrition and fitness. In it, he dispels diet myths, discusses metabolism, hormonal balance, and other weight loss factors and offers a complete package for achieving total fitness success.

Get it at now at www.TrainDifferent.com

(828) 328-5949

www.TrainDifferent.com | www.robgoodwin.com

Certified
ADVANCED
PERSONAL TRAINER