

Dr Fitness International

BATISTA GREMAUD

Business Name: Dr Fitness USA / Dr Fitness International

Location/Address: 313 Grand Blvd, Venice, CA 90291

Guest's name and position: Batista Gremaud: Co-Founder

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Press-kit: <https://www.drfitnessusa.com/batista-gremaud-press-kit/>

Languages: English, Spanish, French



Title of the show

Health Is Wealth, Your Greatest Asset

The anti-aging benefits of strength training for physical, emotional, and mental health

Short Bio

Batista Gremaud is an International Body Designer, No1 Best Selling author of *Feminine Body Design*, *Empowering Fitness For A Pain-Free Life*, co-creator of the *Feminine Body Design* online strength training mentoring system, co-host of the *Esoteric Principles of Bodybuilding*, and producer of the *Dr Fitness USA's* show; Recipient of the most outstanding fitness program 2019 by *The Winners Circle*, *Mastermind at Sea*. Contributor writer for the "In The Limelight" publication; featured as an expert authority speaker on the *International Pain Foundation*, presenter on various health summits such as "Life Mastery", "Girl You Are Enough" "Weight loss Summit" and "The Suicide Prevention Show"

Sample questions

1. How did you get started in the field of health and wellness?
2. What are some of the most common fitness myths?
3. What is the difference between what you do and personal training?
4. I understand you work with pain management, injury prevention, and rehabilitation; can you talk about that and give us a few tips?
5. How does your program help with stress management?
6. Will your system help those who have suffered from emotional, physical abuse? How?
7. Is there a connection between brain health and exercise?
8. What are three challenges people face that prevent them from exercising?
9. What is your best advice for living a life of happiness, fulfillment, and success?
10. How can people learn more about you?

Promo links

Complimentary discovery session: <http://www.30min.drfitnessusa.com>

Free Gift URL <https://bit.ly/3hYqqPg>

Upcoming course <https://bit.ly/37TWrg4>

Social Media

YouTube: <http://www.YouTube.com/drfitnessusa>

Facebook: <https://www.facebook.com/femininebodydesign>

Twitter: <https://twitter.com/batistagremaud>

Pinterest: <https://www.pinterest.com/batistagremaud>

Instagram: <https://instagram.com/femininebodydesign/>

LinkedIn: <https://www.linkedin.com/in/batistagremaud>

Books

Feminine Body Design, Empowering Fitness For A Pain Free Life

Posture 4 Power

MY STORY

My name is Batista Gremaud, I am a former professional dancer and entrepreneur. I started my career at my parents dance academy in Switzerland at age three. Like most dancers, my whole life was about no pain, no gain, the show must go on.

While my businesses were booming, I was by normal standards a successful artist and business owner, my physical condition was getting worse. Over time my injuries had become chronic.

I have a passion for spirituality and metaphysical science. One day, during a meditation, I had a moment of clarity; I awoke to the fact that my body was not in alignment with the concept of body, mind and spirit integration

Soon thereafter, I met Stephen Hercy, aka Dr Fitness USA. He explained the power of building true strength from the inside out through an ergonomically safe Strength Training system he calls "The Body Design Formula". These were new concepts I didn't quite understand but instinctively knew that this was my next step and I immediately joined his program. Within a few months all my injuries disappeared. Later I married him and co-founded Dr Fitness International.

I have been free of injuries for 11 years. At 60 years old, I am stronger than ever, leg pressing 650lbs without a sweat and looking and feeling 15 years younger than I did 10 years ago.

I am passionate about helping men and women regain strength, vitality and youth.

If your mind can conceive it and your heart can believe it then Dr Fitness USA can help you achieve it.

Batista Gremaud