

JEREMY LIKNESS BIO

Jeremy Likness is a world-renowned Health Coach, motivational speaker, and author. A Certified Fitness Trainer and Specialist in Performance Nutrition through the International Sports Sciences Association, Jeremy lost over 65 pounds of fat himself before launching his company, Natural Physiques, with the mission to transform thousands of lives, one success story at a time.

Jeremy specializes in lifestyle changes with a unique approach to health and wellness that starts on the inside. His belief is that losing fat is more about releasing the thoughts that put the fat there in the first place. His unique form of coaching leveraging Internet technology has allowed him to reach clients in Australia, the United Arab Emirates, and around the United States.

Jeremy spent 10 years in the Information Technology industry before leaving the corporate world. He was a Top 2000 Finisher in the 2000 Body-for-LIFE™ Competition. He is a Certified Fitness Trainer and Specialist in Performance Nutrition through the International Sports Sciences Association.

In 2004, Jeremy began interviewing fitness experts and individuals who had undergone amazing transformations (such as losing over 300 pounds) for his Become Your Best Coaching Podcast. This podcast is now downloaded by hundreds of listeners and broadcast around the world through the Internet. In addition to the podcast, available online at <http://www.become-your-best.com/> Jeremy has hosted several seminars and workshops related to health and wellness. Jeremy released his 5-CD "Lose Fat, Not Faith Audio Program" in December of 2004.

Dr. Joe "Mr. Fire" Vitale says that he loves "Jeremy's clear-headed advice. In an age of over-muscular claims and over-stretched promises, it's a relief to be able to call an honest person and get straightforward answers. Jeremy is my voice of reason in a world populated with wild claims."

Author Dennis "The Yukon Hercules" Weis refers to Jeremy as "the Anthony Robbins of the bodybuilding world!"

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