



Lt. Col. Bob Weinstein,  
USAR, (ret.)  
Speaker and Trainer

What the clients are saying:

"Bob is high energy, fun, motivational and informative. His military-style attire combined with his light-hearted approach make for a very entertaining experience."

Background:

Expert Panel, Health & Fitness Advisor to  
Affinity Solutions  
American Council on Exercise Certified  
Beach Boot Camp Instructor  
National Speakers Association  
Florida Speakers Association  
Certified Corporate Trainer  
Senior Military Instructor  
Attorney

Partial Client List:

Sony  
IBM  
Baxter Health  
American Express  
AOL  
KPMG  
Dade Association of Health Underwriters  
City of Tamarac  
City of Coconut Creek  
Kraeer Funeral Homes  
Ponsard Group  
Controlled Systems Inc  
Tecton Hospitality

Featured:

History Channel  
Fox Sports Net  
PAX  
WLW 700 Cincinnati  
HDNews  
Comcast Newsmakers  
Telemundo  
Univision  
The Washington Times  
The Miami Herald  
RAZOR Magazine

*"There are enemy soldiers on American soil. The names of these soldiers are Heart Disease, Cancer and Stroke. They are killing over 3,000 Americans a day." - Bob Weinstein, Lt. Col., USAR, (ret.)*

**"Lose that excess weight.  
Achieve amazing results."**

In this results oriented presentation you will discover:

- Six Keys to Permanent Weight Loss
- Performance Based Power Foods
- Performance Based Exercising
- Performance Based Time Management
- Performance Based Excuse Elimination

Benefits:

- Breakthrough Energy Increase
- Remarkable Stress Reduction
- Improve Sleep
- Easy Quick Health Quick Tips
- Positive "Can do" Outlook

**"Overcome Obstacles Now.  
Win Health Battles Now."**

**Schedule the Health Colonel today!  
Call 305.491.3573**

For Keynotes and Seminars on Weight Loss, Nutrition, Exercise, Leadership and Team Building

[TheHealthColonel@BeachBootCamp.net](mailto:TheHealthColonel@BeachBootCamp.net)  
[www.NoMoreCryBabies.com](http://www.NoMoreCryBabies.com)

Lt. Col. Bob Weinstein, MP USAR, (ret.)  
305.491.3573  
757 SE 17th Street, Suite 267, Fort Lauderdale, FL 33316