



STAVROS MASTROGIANNIS

Sustainable Weight Loss Expert

There are many weight loss experts in the fitness industry but when it comes to sustainable weight loss, you will be hard pressed to find anyone who knows more about the subject and how to achieve it than Stavros does.

Stavros is a 27-year veteran of the weight loss field and the founder of Live Your Way Thin, an online and offline personal training & coaching company.

From the very beginning, it became very obvious to Stavros that there was something seriously wrong with the current methods of weight loss because most people end up regaining the weight back.

What enabled him to come up with the answer to sustainable weight loss, was his upbringing. Unlike most other weight loss experts, his position on weight loss, health, and nutrition was not shaped by simply studying in a classroom. He was raised on a Greek island where thin and healthy was the norm and people in their 90s lived productive lives. That unique life experience gave him an insight on a healthy lifestyle that very few weight loss experts have.

STAVROS'S MOST POPULAR MEDIA TOPICS

✓ **Don't Just Lose the Weight, Lose The Weight For Life** - With the current methods of weight loss, around 95% of people end up regaining the weight back. There are some fundamental problems with the way most weight loss programs approach weight loss that makes it impossible for most people to keep the weight off.

Value add for the audience - Stavros can explain to your audience the fundamental problems with most weight loss programs and how to avoid them so when you lose the weight, you get to keep it off.

✓ **How Not To Get Sick Again** - On average most adults get sick between 2 to 4 times per year and many people consider that normal, but is it? The fact is as an adult, you could avoid getting sick ever again.

Value add for the audience - Stavros has not gotten sick in almost 10 years and he does not live in a bubble. There are many things people can do that would strengthen their immune system so they never get sick again and Stavros can explain what those things are.

PRAISE

"Following Stavros's program, I finally lost all the weight I wanted. It has been 4 years since I reached my goal and I have been able to maintain it effortlessly. This is by far the best weight loss program I have ever tried! Thank you Stavros!"—**Emily Volpintesta**

"All I can say is that Stavros's approach has changed my life. I have lost over 100 pounds. I am healthier and have much more energy. It even goes beyond weight loss. It is a philosophy that you can use to attain your other life's goals as well. Thanks, Stavros!"—**Joe B.**

CONTACT

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