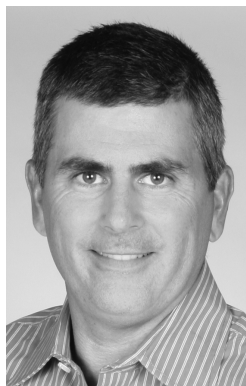


## *About the Author*



**Brad LaTour** has taken an unusual path to share his personal story of weight loss, reinvention and taking on the role of being a healthy living advocate. A relative newcomer to the fitness business, Brad's journey began when he invented **JumpSnap**. As the weight began coming off, it peaked his interest to learn more about the fundamentals of leveraging exercise and nutrition to lose weight and keep it off. His advice cuts through the clutter with the simplicity of his message and how easily it can be integrated into our busy lives. This book is a repository for all the '**Ah Ha**' moments Brad had along his journey, and now he can share those moments with others to help them on their quest to live healthy lives.

Brad's greatest inspiration comes from the constant flow of success stories he receives on a daily basis. It provides further validation that he has made the right choice to turn his passion into a full time job and commitment.

In addition to selling JumpSnap worldwide, Brad has created a health and wellness portal called **JumpSnap Nation**. It provides members with a forum to share their stories, seek advice from the stable of JSN fitness and nutrition experts, and focus on healthy living. His passion for helping others also led him to create **My Fitness 1st**, a foundation to help eliminate childhood obesity.

[www.jumpsnap.com](http://www.jumpsnap.com)

[www.jumpsnapnation.com](http://www.jumpsnapnation.com)

[www.myfitness1st.org](http://www.myfitness1st.org)