



FitAdvocate.com Launches New Expert's Panel Pod Cast

Well on its way to becoming the leading provider of educational content for health and fitness consumers, FitAdvocate.com announces access to free online audio and video content to help people live better.

Jacksonville, Florida ([PRWEB](#)) January 14, 2008 -- FitAdvocate.com has announced the release of an innovative new Pod Cast called The Fit Advocate Expert's Panel, hosted by international fitness expert, author of The Big Fat Health and Fitness Lie and founder of FitAdvocate.com, Craig Pepin-Donat. The interviews will feature both audio and video segments with some of the top health and fitness experts in the world and will be available directly from www.FitAdvocate.com] or for download to a mobile device so health and fitness enthusiasts can listen or watch at their leisure.

"[The Fit Advocate Expert Panel](#) is a natural phase in our evolution because we are all about providing people with information that will enrich their lives. Today there are too many self proclaimed health and fitness gurus who claim to have all the answers to weight loss, fitness, nutrition and how to improve your health and get in shape. By collaborating with serious experts who offer real solutions, FitAdvocate.com has created a one stop shop for people who want to learn how to improve their health and get fit, with no tricks and no gimmicks, for the rest of their life," says FitAdvocate.com founder, Craig Pepin-Donat.

The Fit Advocate Expert's Panel Pod Cast is available directly from the FitAdvocate.com home page so people don't have to waste time trying to find this high quality educational content. Interviews are recorded in broadcast quality segments and clearly outline the person being interviewed, the subject matter, and the length of the interview. [Pod Cast](#) segments range from 10 to 20 minutes and are packed with no holds barred information on diets, weight-loss, fitness solutions, exercise equipment, nutrition, lifestyle and much more. Featured guests will include best selling authors, physicians, health, fitness, nutrition, lifestyle and wellness experts and inventors or manufacturers of unique health and fitness equipment, products and services.

"After delving into the world of on-line health and [fitness](#) content, it quickly became apparent to me that most of the websites out there today are designed to use tricky marketing gimmicks and schemes to sell people products, most of which don't work. At FitAdvocate.com, we have decided to follow the path of integrity by providing real information and educational content that can actually help people. I have no problem with making money as a byproduct of helping people, but we are not going to join the ranks of those who profit from the vulnerability of people who need help," says Pepin-Donat.

About Craig Pepin-Donat

Craig Pepin-Donat is uniquely qualified to speak about issues related to health and fitness. A former industry insider with over a quarter century of experience, he has operated more than 450 fitness clubs in 11 countries and has visited over 30 countries while studying health and fitness trends worldwide. Craig led several high profile fitness organizations as president and also served as executive vice president of sales and marketing for the world's largest fitness organization, 24 Hour Fitness. During his distinguished career, Craig has researched and purchased millions of dollars worth of fitness equipment, dietary supplements and other health and fitness related products. A dynamic public speaker and educator, Craig has created numerous training programs, seminars and workshops, based on his simple formula for success that have helped millions of people get on the path to living a healthier and more active lifestyle. He has dedicated his life to helping people through health and fitness education and he brings that knowledge and expertise directly to the public through his ground



breaking book, The Big Fat Health and Fitness Lie.

About FitAdvocate.com

Founded by Craig Pepin-Donat, FitAdvocate.com was developed as an ongoing platform with the mission of "protecting and enhancing the lives of health and fitness consumers." The website provides insider information and secrets from the top health, fitness, and nutrition experts in the world and breaks through the clutter with current health and fitness news, resources, articles and links to help you make informed decisions. FitAdvocate.com also provides Best and Worst product reviews along with Fit Advocate Approved recommendations that actually work.

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