

# GREGORY DAMIAN

**MUSCLE  
& FITNESS**

AGEIST



Authority  
Magazine

**ICON** REFINED



## INTERVIEW TOPICS

- How I stay ripped at 60 (hint: you can too!)
- What does exercise addiction look like?
- How to live like a dad but still look like an athlete
- Should you get testosterone replacement therapy (TRT)?
- 4 Steps to look and feel younger at any age

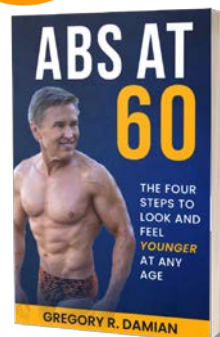
## ABOUT

Gregory Damian is a best selling author, health coach, motivational speaker and fitness disruptor.

His mission is to assist men over 50 overcome perceived limits of their age by helping them look and feel younger.

He achieves through this his four step DOLR(TM) system which teaches men to Dream Big, Own Your Health, Live Well and Recharge Often.

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## CONNECT

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