

GREGORY DAMIAN

**MUSCLE
& FITNESS**

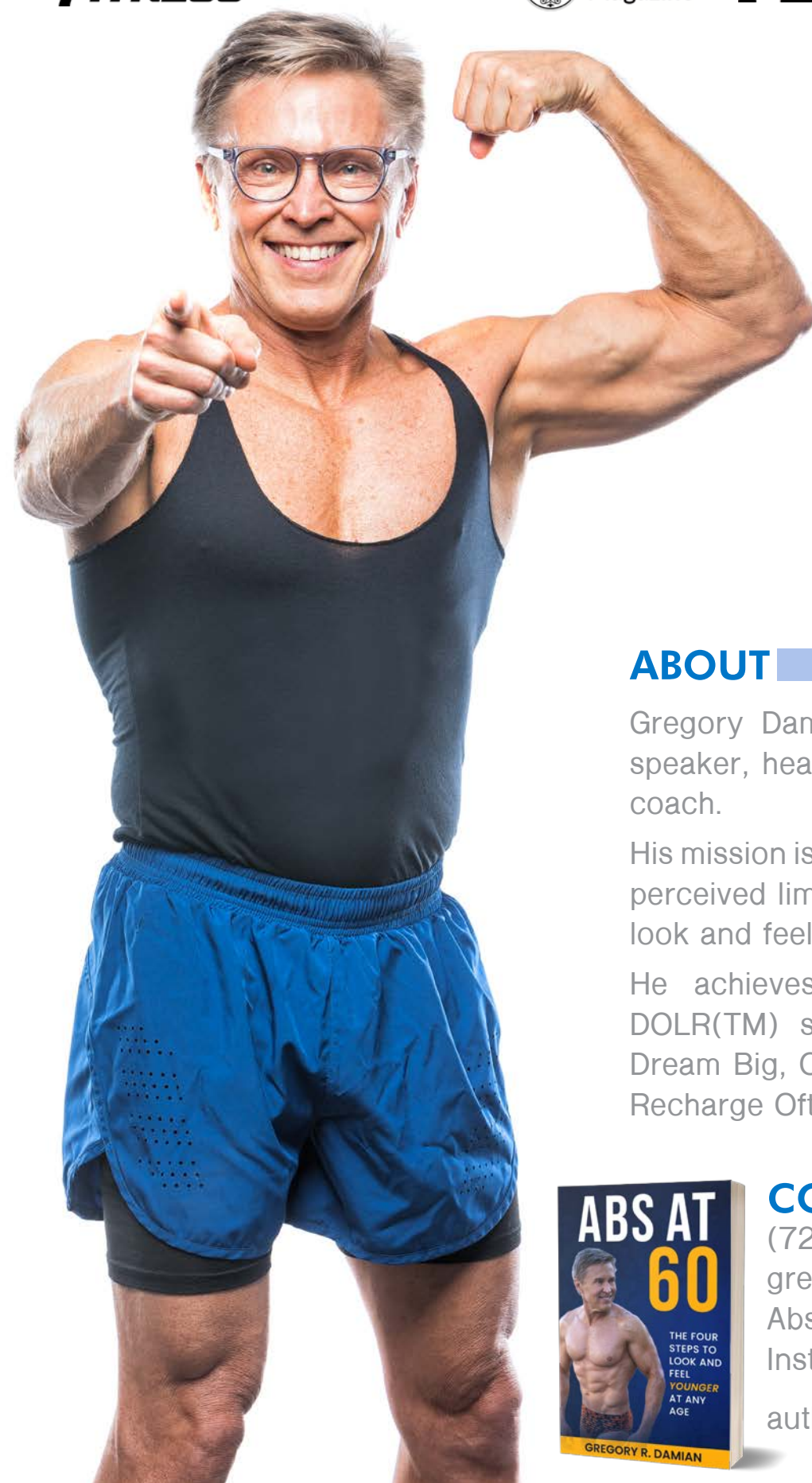
AGEIST



Authority
Magazine

FLEX

ICON REFINED



INTERVIEW TOPICS

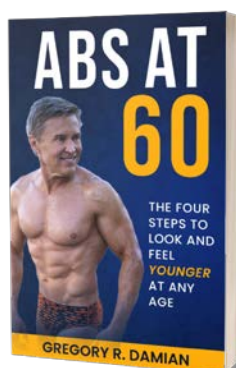
- How I stay ripped at 60 (hint: you can too!)
- Which of your habits are holding back your health?
- How to live like a dad but still look like an athlete
- Should you get testosterone replacement therapy (TRT)?
- 4 Steps to look and feel younger at any age

ABOUT

Gregory Damian is an author, motivational speaker, health and fitness influencer and a coach.

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.



CONNECT

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author of *Abs at 60* available soon!