

Short Version

Len Glassman, CPT, CHN, is a Master Level Certified Personal Trainer and Certified Health Nutritionist, and author of *Soul Trainer*, with over 25 years of professional experience. Len is dedicated to helping people achieve and maintain optimal health, vitality and fitness at all ages and stages of life. He works with people to change their physical outlook, through holistic health, optimal wellness, and intellectual fitness, using a unique blend of personalized programming and expert instruction, to help you move better, feel physically and emotionally empowered and provide deeper meaning, purpose, and insight into all aspects of lifestyle and physical well-being.

Long Version

Len Glassman, CPT, CHN, is a Master Level Personal Trainer and Certified Health Nutritionist, with over 25 years of professional experience. He is the owner *Fit Pro Express Personal Training* offering, In-Home, Virtual, Facility-Based and Outdoor Personal Training as well as Nutrition Coaching.

Len is dedicated to helping people achieve and maintain optimal health and fitness at all ages and stages of life. He works with people to change their *physical outlook*, through holistic health, optimal wellness, and intellectual fitness, using a unique blend of personalized programming and expert instruction, to help you move better, feel physically and emotionally empowered and provide deeper meaning, purpose, and insight into all aspects of your life and well-being.

Len's unique expertise has been featured in *AARP*, *Martha Stewart*, *Vitamin Shoppe*, and several other high-profile publications. He is also an Affinity Partner with Castle Connolly Private Health Partners, LLC. and a Virtual Fitness & Health Nutritionist Provider with Nivati, a corporate wellness and mental health-based platform.

Len is also the acclaimed author of *Soul Trainer*, a fictional-fitness series of short stories that takes readers on an inspirational journey, where fictional characters with troubled lives *find fitness* to overcome insurmountable obstacles, while challenging readers to gain control over their lives from the outside in.

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