



Jesse Cannone, CFT, CPRS
HealthLife.com Contributor

CONTRIBUTOR'S BIO ▾

Recognized as one of the top fitness trainers and natural health experts in the United States, Jesse Cannone has been helping people live healthier lives for more than a decade. He is an amazing example of how far passion, drive and determination can take you.

Most people would have been content with being a highly successful personal trainer and post-rehabilitation specialist with a thriving fitness business in the Greater Washington, D.C., area. But when Jesse saw that so many of the clients who came to him were suffering with lower back pain and sciatica, he made a decision that would not only change his life but the lives of millions of others - from Atlanta, Georgia, all the way to Queensland, Australia.

The decision was to focus all his attention on helping the millions of people who struggle with back pain, neck pain and sciatica. Then, with the help of massage therapist Steve Hefferon and a hand-picked board of medical advisors, he created the world's first self-assessment and self-treatment program for back pain and sciatica sufferers. The system, which is called Lose The Back Pain®, has proven extremely effective and over 35,000 copies have already been sold in 85 countries.

Having personally worked with hundreds of clients, Jesse has developed a no-nonsense approach to fitness and wellness that has helped people all over the world weed through all the weight-loss and fitness hype to discover what really works.

As a result, Jesse has been able to help millions of people reach their weight-loss and fitness goals through his articles, books, audio programs, videos, and seminars. In addition to being a certified fitness trainer, best-selling author and national fitness presenter, he also holds many other certifications, such as Post-Rehabilitation Specialist, Specialist in Performance Nutrition, Advanced Level Fitness Trainer and Master Fitness Trainer. He is also a highly skilled marketing consultant and has helped thousands of other fitness trainers and small businesses to launch, build and grow successful businesses.

His articles and advice now appear on thousands of web sites each month. Jesse has been featured in dozens of magazines and newspapers, including Entrepreneur, Woman's World, Men's Fitness, Balance, Natural Bodybuilding, and The Washington Examiner, and has appeared as a guest on a variety of radio and television programs across the country.

Jesse believes that one of the keys to his success has been his philosophy of always delivering more than he promises and giving every client a WOW experience that they can't wait to tell their friends about.

CONTRIBUTOR'S ARTICLES ▾

- 7 Back Pain Mistakes which ones...
- Learn the Real Dangers of Poor...
- Chronic Back Pain Limits Brain...
- PMS and Back Pain
- Can Your Back Pain Be Cured...
- 4 Secrets To A Flat Stomach
- Take control of Arthritis, and...
- Poor Posture and Back Pain
- The Hidden Cause of Lower Back...
- Degenerative Disc Disease

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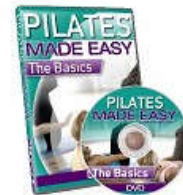


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