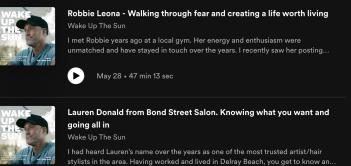
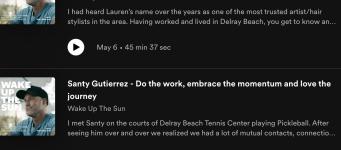


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NADS: Why your current undergarments might be killing you Wake Up The Sun

The South Florida fitness community is one rich with entrepreneurs, enthusiasts and go getters. I met Dan Baird through mutual friends and after having a great...



Apr 30 • 56 min 11 sec



THE JP HOMEGROUP: Building a brand on routine, discipline and charity.

I met JP through mutual friends and attended his first golf charity event benefitting Quantum House several years ago. The always smiling JP is the host..



O



Guido Trinidad: Building Community through faith, sweat and

Wake Up The Sun

I had heard of Guido in the world of Crossfit for years. Founder and creator of PEAK360 a Crossfit Affiliate gym in South Miami, Guidos name is held in high...



Mar 12 • 44 min 41 sec



Bijan Heravi: Agency is my ministry

Wake Up The Sun

Over the years, I had heard of Bijan in the sport of Crossfit and his sports agency Ripple sports. I was fortunate enough to be the MC of the kickoff event called...



Mar 11 • 1 hr 1 min



Nick Urso: Father, Entreprenuer, Risk taker and more

Wake Up The Sun

I met Nick on the mean streets of Delray Beach in early 2011. We both were working in the fitness world, training clients, group training and enjoying South...



Jan 23 • 36 min 55 sec



Justin Himmelbaum - Investing in your network; Community and

Wake Up The Sun

I met Justin many years ago through my wife and brother in law. A long time resident of South Florida and man of the people, Justin has transitioned from...



Dec 2023 • 50 min 12 sec



Derek Lewis: From the hills of Arkansas to Electrifying South Florida

I met Derek years ago through mutual friends and he always was super kind and had great energy. What I didn't know is that he was building an amazing busines..

