



Coyote  
Management  
International



**From this to .....THIS!**

**Silvestro Musumeci** is a professional speaker, a commercial consultant for fitness equipment and teaches part time as a gym instructor. Silvestro trains 5 days a week.

In 2003 Silvestro weighed 140kg and worked 60 – 70 hours a week in the real estate industry and didn't exercise. One day he made a decision that changed his life for the better, this was the start of a new beginning and a long and painful journey. Today Silvestro weighs 79kg.

*"I decided to change my lifestyle and career to help others. I wanted to help people in the same situation, because I know how they are feeling, as I have been there myself. I completed my Certificate III in Fitness, conducted by FIA (Fitness Institute Australia), in July 2004 and I also teach as a part time fitness instructor. I changed my fulltime job from working in the real estate industry to working for a company where I sold exercise equipment, became a professional speaker and gym instructor. To me this is exciting ... making a difference to somebody's life...."*

*I never thought it would be possible to eat guilt free, but I now know it can be a reality. I used to shrink into the wall whenever a birthday cake was cut. Now I have a slice and don't even think about it.*

*It was amazing! I had totally freed myself from the torments of being overweight. The best part was I don't have to waste any more time concentrating on not eating, I am too busy enjoying my food and my life and exercise!*



*My aches and pains have disappeared, I feel good about myself, I fit into all the nice clothes, and I have so much more energy.*

*My amazing super secret to weight loss is to combine increased exercise with an improved diet having a positive attitude with short term and long-term goals"*

**Silvestro helps others achieve what they perceive to be insurmountable**

*"Don't wait for a significant medical or emotional event in your life to force change."*

-Silvestro Musumeci

### What Silvestro can do for you!



- Help to develop action plans.
- Identify the dangers of being overweight / inactive.
- Goal setting short term and long term.
- Developing exercise habits and making them fun.
- How to have and maintain a positive attitude.
- The benefits of being healthy and active
- How to cope with mind change due to weight loss.
- How to believe in yourself that you can achieve your dreams.
- Inspire you to take action and start today to become a happier person.



**WWW.COYOTE.COM.AU**

### FOR BOOKINGS & CONTACT

**Debbie Carr**

PO Box 699 Double Bay NSW 1360

Australia

E: [debbie@coyote.com.au](mailto:debbie@coyote.com.au)

P: 61 2 9016 2856 M: 61 (0) 414 729 646