

San Diego Personal Trainer Dave DePew has been "in the trenches and under the bar" for more than seventeen years, having begun his personal fitness journey at age eight, and embarking on a career in personal fitness training in 1991.

Since then, he has transformed the lives --and bodies-- of **thousands of San Diegans** by imbuing his trainees with his lifelong philosophy of diligent daily fitness combined with intelligent and scientifically-proven dietary and nutrition planning and supplements. His reputation throughout San Diego for producing **amazing fitness results** with his clients is well known.

One Dave DePew success story is that of John Hofman, whose odyssey from a 406-lb workaholic, to a reborn, healthy businessman has become a well-known anecdote in San Diego fitness circles.

Dave obtains results from his clients, as he did in this case, through a caring, considerate approach that avoids focusing too much on immediate, temporary results, and instead concentrates on embarking clients on a **permanent fitness lifestyle** that emphasizes **progression over instant perfection**

Dave is also a highly sought-after Weight-Loss Specialist, Sports Nutritionist, Fitness Journalist, Media Personality, and Natural Bodybuilding expert, and can be found regularly on many fitness-related and Fitness Business podcasts, including those on his own Dave DePew Network.

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