

## **DR. RICK KATTOUF II**

Rick is a 2x Best-Selling Author and Fitness & Nutrition expert named one of America's PremierExperts® and one Elite® Trainers of the Year. Rick is a Sports Nutrition Performance Specialist, Master Personal Trainer & Triathlete.



He has been seen on ABC, NBC, CBS and Fox affiliates around the country as well as in the USA Today, Chicago Livestrong.com, Runner's World, Bicycling Magazine, Men's Health UK, FIGHT! Magazine, Florida Cycling Magazine and The Independent in the UK.

Rick Kattouf is the CEO/Founder of TeamKattouf® Inc, CEO/Founder of TeamKattouf® Nutrition LLC, CEO/Founder of Virtual Gym LLC, Creator of TeamKattouf® Nutrition Supplements, Host of Rx Nutrition, author of Forever Fit, Co-Author of Best-sellers The Secret To Winning Big & Ready, Aim, Influence, Creator of 5-Round Fury® Nutrition Supplement, 5-Round Fury Fitness® workout app, Creator of Coach2CEO, Creator of Fuel Keeper®, Entrepreneur and Inspirational Speaker. Dr. Rick has personally coached individuals in 30+ states and 10+ countries.

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## **DR. RICK KATTOUF II**

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Heart Rate Performance Specialist

2x Best-Selling Author

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