

Instructions for leaving a rating or review for the Live Fit Podcast in iTunes

The screenshot shows the iTunes website for the 'Live Fit Podcast'. A yellow arrow points to the URL 'http://Livefitlean.com/itunes' in the browser's address bar, with the text 'Enter this URL'. Another yellow arrow points to a 'View In iTunes' button on the podcast's cover art, with the text 'Click Here to Open in iTunes'. The page displays the podcast title, host name, description, and a list of episodes.

Annotations:

- Enter this URL (points to the address bar)
- Click Here to Open in iTunes (points to the 'View In iTunes' button)

iTunes Preview

Live Fit Podcast | Health Coaching: Nutrition, Fitness, Weight Management

By Glenn Johnson

To listen to an audio podcast, mouse over the title and click Play. Open iTunes to download and subscribe to podcasts.

Description

Get fit, stay fit, for life. The Live Fit Podcast takes a whole-person approach to improving your health with interviews, insight, research and experience. Glenn Johnson will give you the bottom line on ways to stay fit, lean, healthy and vital. Glenn Johnson has more than 14 years experience as a fitness professional. He is a personal trainer, college professor, exercise physiologist and weight management program founder. The Live Fit Podcast will show you that living healthy and lean can be easy and satisfying.

Name	Description	Released	Price
1 LFP 22 – Erin Brow...	To Change Your Body, ...	4/21/14	Free
2 LFP 21 – Floatation...	Amazing Health Benefit...	4/13/14	Free
3 LFP 20 – Bust Your ...	Learn what causes bell...	4/7/14	Free
4 LFP 19 – Six Tips t...	Lose weight, feel great,...	3/23/14	Free
5 LFP 18 – Buddhist ...	Lose Weight with Budd...	3/9/14	Free
6 LFP 17 – Atlas Rac...	How Lance Landers fou...	3/3/14	Free
7 LFP 16 – Fast Weig...	Why is rapid weight los...	2/24/14	Free
8 LFP 15 – Dr. Loren ...	Paleo for Athletes, for ...	2/13/14	Free
9 LFP 14 – Sports Nu...	Improve your physical ...	2/7/14	Free
10 LFP 13 – Helene By...	Recovering after pregn...	1/30/14	Free
11 LFP 12 – Caralyn D...	Nutrition instructor disc...	1/24/14	Free
12 LFP 11 – The Zone'...	Dr. Barry Sears talks a...	1/17/14	Free
13 LFP 10 – Mary Van...	Holistic Nutrition Consu...	1/13/14	Free
14 LFP 9 – Endless Po...	with William Shaker of ...	1/7/14	Free
15 LFP 8 – Emotional ...	Emotional eating with a...	1/2/14	Free
16 LFP 7 – Make Your ...	Bring Back The Year – ...	12/25/13	Free
17 LFP 6 – Glenn Gets...	Are colonics healthy? pt 2	12/21/13	Free
18 LFP 5 – Are Colonic...	Should you get a colonic?	12/18/13	Free
19 LFP 4 – Dr. Will Bar...	Glenn talks with Dr. Wil...	12/11/13	Free

You may need to log into iTunes first.

The screenshot shows the iTunes application window with the 'Live Fit Podcast' page. The top navigation bar includes 'Music', 'Movies', 'TV Shows', 'App Store', 'Books', 'Podcasts', and 'iTunes U'. The 'Podcasts' tab is selected. The page title is 'Live Fit Podcast | Health Coaching: Nutrition, Fitness, Weight Management' by Glenn Johnson. Below the title are three tabs: 'Details', 'Ratings and Reviews', and 'Related'. A yellow arrow points to the 'Ratings and Reviews' tab with the text 'Click Here'. The 'Description' section contains the text: 'Get fit, stay fit, for life. The Live Fit Podcast takes a... approach to improving your health with interviews, insight, research and experience. Glenn Johnson will give you the bottom line on ways to stay fit, lean, healthy and vital. Glenn Johnson has more than 14 years of experience as a fitness professional. He is a personal trainer, college professor, exercise physiologist and weight management program founder. The Live Fit Podcast will show you that living healthy and lean can be easy.' Below the description is a table of podcast episodes. The table has columns for 'Name', 'Time', 'Released', 'Description', 'Popularity', and 'Price'. The episodes are listed in descending order of release date. The 'Price' column shows 'Free' for all episodes. The bottom of the page indicates 'Total: 22 Items'.

Podcasts > Health > Fitness & Nutrition > Glenn Johnson

Live Fit Podcast | Health Coaching: Nutrition, Fitness, Weight Management

Glenn Johnson >

Details Ratings and Reviews Related

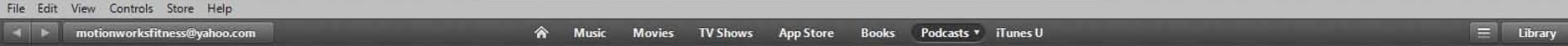
Description

Get fit, stay fit, for life. The Live Fit Podcast takes a... approach to improving your health with interviews, insight, research and experience. Glenn Johnson will give you the bottom line on ways to stay fit, lean, healthy and vital. Glenn Johnson has more than 14 years of experience as a fitness professional. He is a personal trainer, college professor, exercise physiologist and weight management program founder. The Live Fit Podcast will show you that living healthy and lean can be easy.

Name	Time	Released	Description	Popularity	Price
LFP 22 - Erin Brown is a Fit Mama	51 min	Apr 22, 2014	To Change Your Body, Change Your Mind	i	Free
LFP 21 - Floatation Meditation	41 min	Apr 14, 2014	Amazing Health Benefits of Floatation Therapy	i	Free
LFP 20 - Bust Your Belly Fat	22 min	Apr 7, 2014	Learn what causes belly fat and how to get rid of it.	i	Free
LFP 19 - Six Tips to Start Losing Weight Today	17 min	Mar 24, 2014	Lose weight, feel great, today, tomorrow and forever	i	Free
LFP 18 - Buddhist Boot Camp's Timber Hawkeye	1 hr 2 min	Mar 9, 2014	Lose Weight with Buddhism	i	Free
LFP 17 - Atlas Race, From Fat to Fit	44 min	Mar 3, 2014	How Lance Landers found his health and a very fun w...	i	Free
LFP 16 - Fast Weight Loss	31 min	Feb 25, 2014	Why is rapid weight loss a bad idea?	i	Free
LFP 15 - Dr. Loren Cordain, Paleo Diet for Athletes	51 min	Feb 13, 2014	Paleo for Athletes, for Weight Loss, for Good Health	i	Free
LFP 14 - Sports Nutrition	38 min	Feb 8, 2014	Improve your physical performance with food	i	Free
LFP 13 - Helene Byrne of Be Fit Mom: Pregnancy Exercise Expert		Jan 30, 2014	Recovering after pregnancy isn't as easy as you thoug...	i	Free
LFP 12 - Caralyn Dea, Nutrition Instructor, Chocolate Taster, Entrepreneur	41 min	Jan 24, 2014	Nutrition instructor discusses food in Australia	i	Free
LFP 11 - The Zone's Dr. Barry Sears	39 min	Jan 17, 2014	Dr. Barry Sears talks about The Zone Diet	i	Free
LFP 10 - Mary Vance, Holistic Nutrition Consultant	37 min	Jan 13, 2014	Holistic Nutrition Consultant tells how to be healthy	i	Free
LFP 9 - Endless Possibilities, William Shaker, Motivation, Success	32 min	Jan 7, 2014	with William Shaker of Endless Possibilities.	i	Free
LFP 8 - Emotional Eating, Dr Abramson	31 min	Jan 2, 2014	Emotional eating with author Dr. Ed Abramson	i	Free
LFP 7 - Make Your Own Time Machine	11 min	Dec 26, 2013	Bring Back The Year - To Look to the Future	i	Free
LFP 6 - Glenn Gets a Colonic pt 2	27 min	Dec 22, 2013	Are colonics healthy? pt 2	i	Free
LFP 5 - Are Colonics Healthy? pt. 1	44 min	Dec 18, 2013	Should you get a colonic?	i	Free
LFP 4 - Dr. Will Bar, Chiropractor, Cyclist, Fitness Fanatic	38 min	Dec 12, 2013	Glenn talks with Dr. Will Harden	i	Free
LFP 3 - Surviving the Holidays	28 min	Dec 5, 2013	Live Fit Podcast Health, Fitness, Weight Management,...	i	Free
LFP 2 - Crossfit with Bridget Raach	39 min	Dec 4, 2013	Who is Crossfit good for?	i	Free
LFP 1 - Introduction with Glenn Johnson	16 min	Dec 3, 2013	Live Fit Podcast Health, Fitness, Weight Management,...	i	Free

Total: 22 Items

Thank You



Podcasts > Health > Fitness & Nutrition > Glenn Johnson



Live Fit Podcast | Health Coaching: Nutrition, Fitness, Weight Management

Glenn Johnson >

Details **Ratings and Reviews** Related

Customer Ratings

Average Rating: ★★★★★ 15 Ratings



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12 Customer Reviews **Most Helpful**

★★★★★ (15)

Audio
Fitness & Nutrition
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Website
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Friend ★★★★★

by paulv.ruiz – Dec 8, 2013

I knew Glen when he was Fitness Director for Corporate company he spoke about in podcast #1 and as he did there and is now evident with Live Fit, his message is still the same- eat well to live well. They go together. He's a model for the message he's wanting many to hear, and furthermore to see many have their lives transformed. I highly recommend Glenn.

1 out of 1 listeners found this review helpful.

Was this review helpful? Yes | No | Report a Concern

The expertise you need to regain your fitness ★★★★★

by cascademan – Dec 9, 2013

Glenn is top notch and practices what he preaches. His approach is to stick with what we know helps people regain health and fitness—not fads that come and go. If you are looking for someone to mentor you through the trials and tribulations of the difficult process of gaining fitness, Glenn is the man.

1 out of 1 listeners found this review helpful.

Was this review helpful? Yes | No | Report a Concern

best fitness/wellness podcast i've found ★★★★★

by stinkank – Dec 21, 2013

great delivery and very engaging host - but besides that, glenn provides info and advice that i'll actually be able to use. without getting into my own health details (pretty average 50 year old male stuff), *almost* everything glenn talks about maps directly to what i can and should do. and even better, these aren't things that i have change my whole life to do. great guests, too - the last one, with alec the colonic guy, was totally interesting and out there - completely shatters any preconceptions about colonics. can't wait for part 2 of that one.

1 out of 1 listeners found this review helpful.

Was this review helpful? Yes | No | Report a Concern

great stuff ★★★★★

by fisch9 – Dec 27, 2013

I know Glenn from cycling. Very well done show. I live healthy and consider my self very fit. But I still gained a lot of information from existing shows. I will stay tuned for new ones. Good work Glenn.

1 out of 1 listeners found this review helpful.

Was this review helpful? Yes | No | Report a Concern

Outstanding ★★★★★

by YanBSP – Dec 27, 2013

I enjoyed these podcasts. Glenn has an easy to understand conversational style and obviously knows his stuff. I'm looking forward to more episodes