

# Don Staley

## Media Questions

- 1) Can you tell us a little bit about yourself? (4-6 minutes)
- 2) What motivated you to write your book ***Fit Mind, Fit Body***? And who did you write it for? (2 minutes)
- 3) You have exercised every day for closing in on five years. Wow! That is amazing.
  - a) What can our listeners expect to learn today? or
  - b) What do you know that others don't? (2-5 minutes)
- 4) What is the one key ingredient that is missing in most Diet and Exercise programs? or
  - a) How is your book different? (5-8 minutes)
- 5) You mentioned there are four critical keys to success. What are they? (5-8 minutes)
- 6) You mentioned we can get better results with less effort.
  - a) What do you mean by that? Or
  - b) Is that possible? Can someone actually do less and achieve more? (5-8 minutes)
- 7) What are the three most frequently ask questions you get?
  - a) Can anyone achieve exercise consistency as you have?
  - b) Why will this be any different than anything I've tried in the past?
  - c) What if I don't have time to exercise?
- 8) How do people learn more about you and your book?
- 9) You mentioned you have 3 free gifts...What are they and how can our listeners access them?  
[<http://www.donstaley.com/gifts>]
- 10) Do you have any parting words you would like to share with our audience today?