



# Shut Up and Work Out!: Fitness Facts, Not Fiction

*The Angry Trainer*

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For the last 20 years, Alfonso 'The Angry Trainer' Moretti has worked in the New York Tri-State area as a certified personal trainer at gyms in NYC, private studios in suburbia and in home training everywhere.

In October 2010, Alfonso launched [www.angrytrainerfitness.com](http://www.angrytrainerfitness.com), a website that's dedicated to exposing long held exercise myths and fitness industry lies. On his website, The Angry Trainer shares what works AND more importantly what doesn't. The fact is EVERYONE wants to be fitter and healthier – but people have been misled and are confused. They don't know what to eat, how to exercise or what's fitness fact or fiction.

In 2014 Alfonso moved to California, the fitness capital of the world. He works alongside industry leader and pioneer Gunnar Peterson in an exclusive Beverly Hills training facility. As a lifetime fitness enthusiast, Alfonso's training philosophies have evolved throughout his professional career. He says his goal is to give people the tools they need to take charge of their health, fitness and future by sharing what he's learned through trial and error, 'The hard way' as he says.

Alfonso has written *Shut Up and Work Out!*, a memoir that shares his experiences over two decades working as a personal trainer. He tells you what works, what doesn't and why. The Angry Trainer challenges conventional wisdom and will make you rethink what you once thought to be true in the world of health and fitness. He explains why women need to train with weights, why cardio is misunderstood, why our six - pack obsession is causing so many of us to suffer from back pain and why nearly everyone's view of exercise is wrong!

And of course, it's all delivered in his unique, colorful and no hold barred style!

Alfonso has been a prior spokesperson and charter board member of Sears FitStudio, making store appearances, shooting video segments and leading fitness retreats. In addition he's written his own series for Discovery Fit And Health online and has been a regular contributor to Men's Fitness.com and Shape Magazine.

Alfonso was also a featured fitness expert for Livestrong.com and filmed instructional exercise videos for their YouTube channel. An Angry Trainer Fitness YouTube workout was named one of the Top 10 Fitness videos by Shape magazine and in 2012, Alfonso was a featured 'trainer to follow' by People magazine.

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