

**DOUG BOPST**, NSCA-CPT  
ACE Behavior Change Specialist  
Precision Nutrition: Certified Nutrition Coach

Doug Bopst is an award-winning personal trainer, author, speaker and business owner. Those credentials and accolades are a result of his own transformation. He is a former felon and drug addict, sentenced to months in jail due to being found guilty of "possession with intent to sell." He chose to use his time locked in that small cell to beat his demons and reinvent himself thanks to a combination of faith, family and fitness.

He has helped hundreds of people improve their health and wellness.

He is the author of three books: "From Felony to Fitness to Free," about how people can turn a negative into a positive and make the most of their second chance. His second book, "Faith Family Fitness," encourages readers to cultivate their spirituality, believe in themselves and stay mentally, physically and spiritually fit. In his third and latest book, "The Heart of Recovery," he interviews many of the most inspiring individuals in recovery from of all walks of life to learn what they are doing to thrive in recovery from addiction.

He has been featured on national media outlets such as the Today Show, Men's Health, Goalcast, Cheddar, Greatist, Thrive Global and others...

Doug has also been featured as a guest on various podcasts including the Rich Roll Podcast, This Life with Dr. Drew and One37pm.

He has also been featured on local media outlets in his hometown such as WBAL 11, WJZ 13 and WMAR 2 and in the Baltimore Sun as one of Baltimore's "12 Fitness Heroes" in 2015.

For more information visit-  
[DougBopst.com](http://DougBopst.com)

# DOUG BOPST

Transform into the best version of yourself.

