

**S2 EP4 Why fitness should be a part of your lifestyle  
with Marco Ruederich | @nvruederich**

My special guest today is Marco Ruederich. He served in the German military, under the Special Forces unit, but has since made the transition to being a personal fitness trainer and also a Men's Physique competitor here in Toronto. We talk about the importance of staying fit and why maintaining an active lifestyle brings tremendous benefits for our health and bodies.

Thanks for listening 😊