



When people know what to do, but have a hard time staying consistent - they call Stephen Box. A fitness and nutrition coach who uses his 20+ years of experience to help clients get the most out of themselves.

Stephen has been featured as an expert contributor for Men's Fitness, Men's Journal, Exercise.com, and The Huffington Post - among others.

Stephen began sharpening his skills during his 13 years as a retail sales manager. That's where the challenge of motivating minimum-wage employees honed his passion for coaching.

In 2010, Stephen faced a different challenge - how to get the most out of himself. He was 245 lbs and pre-diabetic, and he didn't feel as if he was in control of his life.

After losing 80 lbs and taking control of his own health, Stephen decided he wanted something more. He combined a newfound passion for health with his passion for coaching. The result was the creation of his company, Train With Box, in 2010.

Recently, he launched the Fitness Solopreneur Academy. A site dedicated to helping other trainers improve their marketing and sales systems. It's another way that Stephen hopes to impact the world by having an impact on those around him.

