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DEF LEPPARD'S PHIL COLLEN CONFIRMED AS SPECIAL GUEST CONTRIBUTOR LOS ANGELES FITNESS EXPO -- JANUARY 29-30, 2011

WORLD CHAMPION MUAY THAI TRAINER JEAN CARRILLO JOINS COLLEN

(LOS ANGELES, CA – January 5, 2011) – Phil Collen, Vegetarian and lead guitarist for the legendary multi-platinum rock band, Def Leppard, will set aside his axe and join the highly successful Los Angeles Fitness Expo as a special guest presenter on January 29 & 30th 2011. Phil will be joined by his longtime trainer, international Muay Thai Kick Boxing championship trainer, Jean Carrillo. Attendees of the Expo at the Los Angeles Convention Center will find over 300 exhibits offering the newest in fitness, diets, nutrition, strength and wellness products and services.

As a rock-n-roll guitarist in an internationally successful rock band, Collen didn't start out as a health and fitness enthusiast. After years of playing hard, partying hard, and leading a self-described "very unhealthy lifestyle", Phil decided to make a change. In his early thirties Collen decided to quit drinking and partying. His live-saving conversion came just before his Def Leppard bandmate and "terror twin" of the party scene, Steve Clark, died of a prescription drug and alcohol overdose in early 1991. Inspired to lead a healthier lifestyle, the now sober Collen no longer needed to "recover" each day from the previous night's debauchery, and instead found himself with numerous free hours in his day. Collen began exercising, running to start, and later taking up the martial art of Muay Thai Kick Boxing.

Collen has trained with Jean Carrillo for six years and together they will be offering a special series of interactive workout classes and demonstrations at the Los Angeles Fitness Expo. Jean brings with him a wealth of experience including his personal service in the French Special Forces, and working with the French Foreign Legion in Africa as an Instructeur in Close Combat. He holds Black Belts in Karate, Tae Kwon Do and Kick Boxing, as well as being a French and European champion. Holding a Bachelor's Degree in Physical Education, on top of his many other awards and accomplishments makes Jean Carrillo the optimal instructor alongside Phil Collen.

As the fathers of young children, both Collen and Carrillo, know the importance of teaching our youth about good nutrition and fitness at a young age. They firmly believe it takes educating both parents and school teachers to help children gain the foundation of a healthy lifestyle at a young age and carry it throughout their lives. But, as someone who was himself a late "bloomer" in the exercise field, Collen feels that anyone can achieve a healthy lifestyle, no matter what age they start. Reflecting on his own background in Rock Phil laughs, "At nearly 53 years old, I can tell you, it is possible for everyone to be healthy and fit at any age, it just takes knowledge and dedication."

The Bodybuilding.com Los Angeles Fitness Expo presented by Subway offers something for everybody. The Expo also plays host to 13 professional and amateur competitions including the All-American Strongman Challenge, Iron Man Magazine Naturally Bodybuilding, Figure & Bikini Championships, BodySpace.com Spokesmodel Search, Warriors Wrestling, and more. Collen began training in the martial art of Muay Thai Kick Boxing with Carrillo six years ago and now both men, vegetarians as well, believe in bringing their positive experience to the masses.

www.philcollen.com
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