

DUANE WEST

**NATIONAL TV PERSONALITY • MOTIVATIONAL SPEAKER • FORMER PRO FOOTBALL PLAYER
AFL FLORIDA BOBCATS (DB) 1998 • RADIO PERSONALITY • FITNESS GURU
CEO OF TEEN FOCUS TV & MAGAZINE • AAU WRESTLING CHAMP**

EDUCATION

LAKESIDE ELEMENTARY	ATLANTA, GEORGIA	GRADUATED
IRVINGTON HIGH SCHOOL	IRVINGTON, NEW JERSEY	GRADUATED
CAPTURED OVER	FIVE (5) WRESTLING CHAMPIONSHIPS	
SETON HALL UNIVERSITY	SOUTH ORANGE, NEW JERSEY	TWO YEARS
UNION COUNTY COLLEGE	UNION, NEW JERSEY	ONE YEAR
RUTGERS UNIVERSITY	NEWARK, NEW JERSEY	DEGREE IN PSY
ELIZABETH GENERAL SCHOOL OF NURSING	ELIZABETH, NEW JERSEY	1991

TELEVISION

MAURY POVICH SHOW	EXPERT CONSULTANT- 1998 - PRESENT	WB/NY
OPRAH SHOW	JANUARY 1997	ABC
MINORITY BUSINESS REPORT	GENERAL MOTORS BUSINESS WEEK 1998	WGN
GOOD DAY NEW YORK	GUEST - HEALTH & FITNESS 1998	FOX TV

MAGAZINES

SOURCE	FEATURED - AUGUST 1999	HEALTH & FITNESS
EBONY MAN	FEATURED - DEC. 1997, JUNE 1997,	HEALTH & FITNESS
EBONY MAN	FEATURED - MAR. 1996, FEB. 1996	HEALTH & FITNESS
EBONY MAN	FEATURED - JAN. 1995, OCT. 1994	HEALTH & FITNESS
EBONY MAN	FEATURED - AUGUST 1994	HEALTH & FITNESS
ESSENCE	FEATURED - AUGUST 1994	HEALTH & FITNESS

HONORS

PRESIDENT'S OFFICE	MARCH 1998 & DEC. 1994	
GENERAL MOTORS MINORITY BUSINESS OF THE WEEK	MARCH 1998	WGN TV

MOTIVATIONAL PRESENTATIONS

SCHOOL PROGRAMS (K-12): CHARACTER EDUCATION • LEADERSHIP SKILLS • CONFLICT RESOLUTION
• GOAL SETTING • BULLYING • WINNING ATTITUDE • SELF-ESTEEM • SELF UNDERSTANDING • KINDNESS • ACCOUNTABILITY
• RESPONSIBILITY • ADAPTABILITY • DISCIPLINE • ANTI DRUGS • ANTI VIOLENCE • GANG PREVENTION • ANTI BIAS
• CITIZENSHIP • CULTURAL DIVERSITY • INTEGRITY • AFRICAN AMERICAN HISTORY • TOLERANCE • DISCIPLINE
• SELF CONTROL • HEALTH AND FITNESS • NUTRITION • HYGIENE • ANTI-SMOKING • LITERARY WRITING SKILLS
• IMPORTANCE OF EDUCATION • ORAL COMMUNICATION SKILLS • SPORTSMANSHIP • COMPASSION • FORGIVENESS
• RESPECT • COMMUNITY AWARENESS • CAREER DEVELOPMENT • ART AND MUSIC • TV & RADIO BROADCASTING
• PARENTAL INVOLVEMENT • STAFF DEVELOPMENT.

UNIVERSITIES: CAREER DEVELOPMENT • ENTREPRENEURSHIP • ALCOHOL & DRUGS • FITNESS • MORALE

CORPORATIONS: EMPLOYEE MORALE • CULTURAL DIVERSITY • WELLNESS • STRESS MANAGEMENT.

AUTHOR

THE NAVIGATOR - TEACHER'S RESOURCE BOOK, THE NAVIGATOR SELF UNDERSTANDING, CRUNCHING TO SUCCESS,
TOUGH LOVE, MOTIVATE ME, EATING BEHAVIOR MODIFICATION, DEE'S FOOD FOR MOTIVATION AND D WEST - AGAINST
ALL ODDS.

FITNESS

AUTHOR • TALK SHOW HOST, EXECUTIVE PRODUCER, DIRECTOR & CHOREOGRAPHER • NATIONAL TELEVISION, MAGAZINE,
AND RADIO INTERVIEWS/COMMENTARY CONSULTANT • APPAREL SPONSORSHIP & SPOKESPERSON (8 YEARS) - NIKE (3 YRS.),
FILA (4 YRS.), FOOTLOCKER (1 YR.) • FITNESS GURU AND CELEBRITY TRAINER OF THE STARS . www.dwesttv.com

ENTREPRENEUR

OWNER - PRO ATHLETES, INC. - 600 Garson Dr., Suite 2207, Atlanta, Ga 30324 (908) 522-0606 or (404) 427-7692
FOUNDER & CEO - TEEN FOCUS TV & MAGAZINE - ATLANTA, GA

DUANE WEST

BIOGRAPHY



Duane West was born and raised in Newark, New Jersey a city riddled with high crime, drugs and extreme poverty. He lived without the daily comforts of heat and hot water for approximately 85% of his childhood. Duane attended Irvington High School in Irvington, New Jersey with Queen Latifah of Living Single. He graduated from Irvington High School in 1984. He was honor student of the month for his academic achievement and outstanding athletic accomplishments. Duane captured over six wrestling championships while at Irvington High School.

Duane attended Seton Hall University in South Orange, New Jersey from 1984 - 1986. In 1984 - 1995, he worked with the popular singing group New Edition as security personnel (he maintained crowd control). In 1985 a tragic motorcycle accident almost claimed Duane's life. For more than two years Duane's injuries left him side-lined rehabilitating his injuries at a physical therapy clinic.

Duane's promising athletic career at Seton Hall was over--temporarily. In the fall of 1986 Duane left Seton Hall University. "After the accident, I was emotionally withdrawn, depressed, and lacked motivation to continue school." However, Duane didn't give up. In the fall of 1986 Duane enrolled in Union County College. He increased his grade point average and self-esteem.

Duane transferred to Rutgers University in the fall of 1987. He maintained three part-time jobs while enrolled as a full-time student. Duane worked as a per diem school teacher, computer lab technician in a local hospital and owner operator of a landscaping business. Surprisingly that same year, Duane made an astonishing comeback on the wrestling mat. He finished the season ranked second in Division III college wrestling in the metropolitan area. He also qualified for the Division III National Wrestling Championships.

In 1990, Duane graduated from Rutgers University with a degree in Psychology. In 1991 Duane furthered his education at New Jersey's Elizabeth General School Of Nursing. In 1992 Duane wrote several fitness books one which is endorsed by former NFL All Pro Linebacker Lawrence Taylor of the New York Giants. He also volunteered his time to coach and train the United States Wheelchair World Record Weight Lifting Champion Joe Russel for the 1992 Paralympic Games in Barcelona, Spain. Duane also volunteered his time to establish, coordinate and host a local fitness show for community residents in New Jersey.

In the summer of 1992 Duane risked his life to save an elderly man. He rescued a trapped senior citizen from a burning automobile. Good fortune seemed to follow Duane as many entertainers, professional athletes and business professionals called on him for his fitness consulting services.

In 1993, Duane was determined to accomplish his goals and dreams. He directed, produced, and choreographed several of his own exercise videos. Duane captured, several consecutive AAU Junior Olympic Wrestling Championships between 1992 - 1994. In 1994 the President's Council On Physical Fitness And Sports recognized and honored Duane for his accomplishment in sports and work with children nationally.

Duane's expert fitness advice has been featured in Source Mag. - Aug. 1999, Essence Magazine - Aug. 1994, and Ebony Man Magazine - Dec. 1997, Jun. 1997, Feb. 1996, Mar. 1996, Jan. 1995, Oct. 1994 and Aug. 1994.

Duane appeared on the Oprah Show in February 1997. His business was featured on the national WGN network as the minority business of the week. He worked with Hot 97 FM radio station as a fitness personality. He was a guest fitness expert on Good Day New York during the month of February 1998.

In 1998, Duane played pro football for the Florida Bobcats (AFL). D. West has been a celebrity expert on the Maury Show from 1998 - 2004. He is the author of The Navigator Character Education, Tough Love, Motivate Me, Crunching To Success, and The D. West Story Against All Odds. From 1994 to 2004, D. West devotes approximately 80% of his time to his love of motivational speaking at schools K-12. D. West participates in his fraternity's male mentoring program. **He inspires millions on national TV and has spoke to well over 2,000,000 children from 1992 - 2005.**