



## More About Mark McIntosh

Mark McIntosh is a long-time Kinetics member, Denver media personality, athlete, and fitness fanatic. His favorite saying is “A sweat a day keeps the doctor away!” Mark served as an award winning sportscaster and show host for CBS4 and KUSA. As the founder of Victory Productions he continues to work in the media (shameless pitchman for local companies on their television commercials), is the author of multiple inspirational books, motivational speaker, and provides encouragement and consultation for national and local companies. The old jock helps them sustain peak performance.

In 2014 Victory created the community outreach movement, [A Stronger Cord](#), to unite communities through wellness. ASC utilizes exercise, relationship building and community service to encourage Americans to become more fit, connected, and giving.

The father of two grown children, Mark serves on the boards of Rocky Mountain Human Services, SLAM Academy, and Court Support Jeffco. He was recently honored as Man-of-the-Year by the Leukemia and Lymphoma Society.

We are grateful to him for the energy, support and spirit he brings to Kinetics. Mark teaches a fun and energetic spin class on Monday and Thursday mornings at 6am. Stop in and start your day by getting to know him!!

Mark McIntosh

303-377-6013

[mark@seekvictory.com](mailto:mark@seekvictory.com)

[Facebook](#)