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UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

SCHEDULE 13D

Under the Securities Exchange Act of 1934

Health & Nutrition Systems International, Inc.

(Name of Issuer)

Common Stock, Par Value \$.001 (Title of Class of Securities)

> 42216P 20 5 -----(CUSIP Number)

Denise G. Reeder, Esq. Greenberg Traurig, P.A. 777 S. Flagler Drive, Suite 300-East Tower West Palm Beach, Florida 33401 (561) 650-7900

(Name, Address and Telephone Number of Person Authorized to Receive Notices and Communications)

February 14, 2001

(Date of Event which Requires Filing of this Statement)

If the filing person has previously filed a statement on Schedule 13G to report the acquisition that is the subject of this Schedule 13D, and is filing this schedule because of ss.ss.240.13-d-1(e), 240.13d-1(f) or 24013.d-1(g), check the following box: |_|

Note: Schedules filed in paper format shall include a signed original and five copies of the schedule, including all exhibits. Seess.240.13d-7 for other parties to whom copies are to be sent.

*The remainder of this cover page shall be filed out for a reporting person's initial filing on this form with respect to the subject class of securities, and for any subsequent amendment containing information which would alter disclosures provided in a prior cover page.

The information required on the remainder of this cover page shall not be deemed to be "filed" for the purpose of Section 18 of the Securities Exchange Act of 1934 (the "Act") or otherwise subject to the liabilities of that section of the Act but shall be subject to all other provisions of the Act (however, see the Notes).

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CUSIP NO: 42216P 20 5

NAMES OF REPORTING PERSONS.

I.R.S. IDENTIFICATION NOS. OF ABOVE PERSONS (ENTITIES ONLY)

Christopher Tisi

CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (See Instructions)

	(a) (b)	_ _					
3	SEC USE ON	ILY					
4	SOURCE OF FUNDS (See Instructions) PF						
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) or 2(e): $ _ $						
6	CITIZENSHI United Sta		CE OF ORGANIZATION				
NUMBER OF SHARES		7	SOLE VOTING POWER 769,088*				
BENEFICIA OWNED BY EACH	LLY	8	SHARED VOTING POWER 0				
REPORTING PERSON WITH		9	SOLE DISPOSITIVE POWER 518,788				
		10	SHARED DISPOSITIVE POWER 0				
11	AGGREGATE	AMOUNT B	ENEFICIALLY OWNED BY EACH REPORTING PERSON				
	769,088						
12	CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (See Instructions) _						
13			EPRESENTED BY AMOUNT IN ROW (11)				
	21.50%						
14	TYPE OF RE		PERSON (See Instructions)				
*See disc	losure in I						

Schedule : CUSIP NO:	13D 42216P 20	5	Page 3 of 9						
1	NAMES OF REPORTING PERSONS. I.R.S. IDENTIFICATION NOS. OF ABOVE PERSONS (ENTITIES ONLY)								
	Steven Po	merantz							
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (See Instructions) (a) $ X $ (b) $ - $								
3	SEC USE ONLY								
4	SOURCE OF FUNDS (See Instructions) PF								
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) or 2(e): _								
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Citizen								
NUMBER OF SHARES		7	SOLE VOTING POWER 516,829*						
BENEFICIA OWNED BY EACH	LLY	8	SHARED VOTING POWER 0						
REPORTING PERSON WITH		9	SOLE DISPOSITIVE POWER 516,829						
		10	SHARED DISPOSITIVE POWER 0						
11	AGGREGATE	AMOUNT B	BENEFICIALLY OWNED BY EACH REPORTING PERSON						
	516,829								
12	CHECK BOX (See Inst		GGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES $ \ \ $						
13	PERCENT O	F CLASS R	REPRESENTED BY AMOUNT IN ROW (11)						
	14.66%								
14	TYPE OF R IN	EPORTING	PERSON (See Instructions)						

*See disclosure in Item 4

Schedule : CUSIP NO:	13D 42216P 20	5	Page 4 of 9							
1		NAMES OF REPORTING PERSONS. I.R.S. IDENTIFICATION NOS. OF ABOVE PERSONS (ENTITIES ONLY)								
	Tony D'Am	ato								
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (See Instructions) (a) $ X $ (b) $ - $									
3	SEC USE ONLY									
4	SOURCE OF FUNDS (See Instructions) PF									
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) or 2(e): $ _ $									
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Citizen									
NUMBER OF SHARES		7	SOLE VOTING POWER 125,000*							
BENEFICIA OWNED BY EACH	LLY	8	SHARED VOTING POWER 0							
REPORTING PERSON WITH			SOLE DISPOSITIVE POWER 339,750							
		10	SHARED DISPOSITIVE POWER							
11	AGGREGATE	AMOUNT E	BENEFICIALLY OWNED BY EACH REPORTING PERSON							
	339,750									
12	CHECK BOX (See Inst		AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES $ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \$							
13	PERCENT 0	F CLASS F	REPRESENTED BY AMOUNT IN ROW (11)							
	9.78%									
14	TYPE OF R	EPORTING	PERSON (See Instructions)							

*See disclosure in Item 4

Schedule :	13D 42216P 20	5		Page 5 of 9					
1	NAMES OF REPORTING PERSONS. I.R.S. IDENTIFICATION NOS. OF ABOVE PERSONS (ENTITIES ONLY) Tony F. Musso								
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (See Instructions) (a) $ X $ (b) $ - $								
3	SEC USE ON	ILY							
4	SOURCE OF FUNDS (See Instructions) PF								
5	CHECK IF DISCLOSURE OF LEGAL PROCEEDINGS IS REQUIRED PURSUANT TO ITEMS 2(d) or 2(e): $ $								
6	CITIZENSHIP OR PLACE OF ORGANIZATION United States Citizen								
NUMBER OF SHARES		7	SOLE VOTING POWER 569,329*						
BENEFICIAL OWNED BY EACH	LLY	8	SHARED VOTING POWER						
REPORTING PERSON WITH		9	SOLE DISPOSITIVE POWER 569,329						
		10	SHARED DISPOSITIVE POWER						
11		AMOUNT BI	ENEFICIALLY OWNED BY EACH REPORTING PERS	ON					
12	569,329 CHECK BOX IF THE AGGREGATE AMOUNT IN ROW (11) EXCLUDES CERTAIN SHARES (See Instructions) _								
13	PERCENT OF	CLASS RI	EPRESENTED BY AMOUNT IN ROW (11)						
14		PORTING	PERSON (See Instructions)						

*See disclosure in Item 4

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ITEM 1: SECURITY AND ISSUER:

1(a) Common Stock, \$.001 par value per share (the "Common Stock").

1(b) Health & Nutrition Systems International, Inc. (the "Issuer"), 3750 Investment Lane, Suite 5, West Palm Beach, Florida 33404

ITEM 2: IDENTITY AND BACKGROUND:

- 2(a)-(c) The identity and background of the reporting persons (collectively, hereinafter referred to as the "Reporting Persons" and each as a "Reporting Person") is as follows:
 - (i) Christopher Tisi ("Tisi") is President, Secretary, and a director of the Issuer, 3750 Investment Lane, Suite 5, West Palm Beach, Florida 33404.
 - (ii) Steven Pomerantz ("Pomerantz") is Chief Executive Officer, Treasurer, and Chairman of the Board of the Issuer, 3750 Investment Lane, Suite 5, West Palm Beach, Florida 33404.
- 2(d)-(e) None
- 2(f) All of the Reporting Persons are United States citizens.

ITEM 3: SOURCE AND AMOUNT OF FUNDS OR OTHER CONSIDERATION

Not Applicable.

ITEM 4: PURPOSE OF TRANSACTION

Effective June 29, 2000, the Issuer's Registration Statement on Form 9 was declared effective by the Securities and Exchange Commission. As a result, the Reporting Persons became subject to the reporting requirements of the Securities Exchange Act of 1934.

On July 13, 2000, D'Amato executed and delivered to Tisi and the Issuer a Shareholders' Agreement pursuant to which D'Amato granted to Tisi an irrevocable proxy (the "Irrevocable Proxy") authorizing Tisi to vote shares of the Issuer beneficially owned by D'Amato as of that date and any shares of the Issuer acquired by D'Amato thereafter. The Irrevocable Proxy has a two year term. The Shareholders' Agreement and Irrevocable Proxy are filed as Exhibits 1 and 2 to this Schedule 13D, respectively, and are incorporated by reference herein. On January 31, 2001, Tisi relinquished his right to vote pursuant to the Irrevocable Proxy with respect to 125,000 shares beneficially owned by D'Amato as of that date (the "Waiver"). The Waiver is filed as Exhibit 3 to this Schedule 13D and is incorporated by reference herein.

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In addition, Tisi, Musso and Pomerantz have entered into an oral understanding with each other that each will vote, in person or by proxy, shares of Common Stock of the Issuer beneficially owned by him (or, in the case of Tisi, as to which he has voting power) together as a group, but only for the following purposes: (i) in favor of the same person or persons to be nominated and elected to serve on the board of directors of the Issuer to fill any vacancies on the board, if and as such vacancies may arise from time to time (whether such vacancy occurs by removal, resignation or an increase in the size of the board of directors) at any time prior to the Issuer's 2001 annual meeting of stockholders, or any adjournment thereof; and (ii)in favor of the same person or persons to be nominated and elected as the slate of nominees, and elected, to the board of directors to be voted upon by the shareholders of the Issuer at its

2001 annual meeting of shareholders, or any adjournment thereof.

Each of Tisi, Pomerantz and Musso do not have any other plans or proposals with respect to the Issuer, other than, as directors of the Issuer, to continue the operations of the Issuer in accordance with its current business plan. In addition, D'Amato has no other plans or proposals with respect to the Issuer.

ITEM 5: INTEREST IN SECURITIES OF THE ISSUER

5(a) and 5(b)

According to Issuer's most recent 10-Q, the Issuer had 3,474,813 shares of Common Stock outstanding as of November 16, 2000.

Tisi has sole voting power of 769,088 shares, and sole dispositive power of 518,788 shares beneficially owned by him, which includes 102,000 shares which he may acquire within 60 days pursuant to the exercise of vested stock options.

Pomerantz has sole voting power of 516,829 shares and sole dispositive power of 516,829 shares beneficially owned by him, which includes 50,000 shares which he may acquire within 60 days pursuant to the exercise of vested stock options.

D'Amato has sole voting power of 125,000 shares and sole dispositive power of 339,750 shares beneficially owned by him.

Musso has sole voting power for the limited purposes set forth in Item 4 of 569,329 shares and sole dispositive power of 569,329 shares beneficially owned by him.

- 5(c) No transactions concerning Issuer's securities have been effected by the Reporting Persons within the last 60 days.
 - 5(d) Not applicable.
 - 5(e) Not applicable.

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CUSIP NO: 42216P 20 5

ITEM 6. CONTRACTS, ARRANGEMENT, UNDERSTANDING OR RELATIONSHIPS WITH RESPECT TO SECURITIES OF THE ISSUER.

Other than as disclosed under Item 4, there are no other contracts, arrangements, understandings or relationships among the Reporting Persons with respect to the securities of the Issuer.

ITEM 7. MATERIAL TO BE FILED AS EXHIBITS

NO.	Description:
1.	Shareholders' Agreement among D'Amato, Tisi, and
	the Issuer dated July 13, 2000.
2.	Irrevocable Proxy dated July 13, 2000.
3.	Waiver dated January 31, 2001.
4.	Joint Filing Agreement dated February 13, 2001.

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CUSIP NO: 42216P 20 5

SIGNATURE:

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Date: February 14, 2001.

Signature: /s/Steven Pomerantz

Names: Steven Pomerantz

Signature: /s/Christopher Tisi

Names: Christopher Tisi

Signature: /s/Tony Musso

Names: Tony Musso

Signature: /s/Tony D'Amato

Names: Tony D'Amato

The original statement shall be signed by each person on whose behalf the statement is filed or his authorized representative. If the statement is signed on behalf of a person by his authorized representative (other than an executive officer or general partner of the filing person), evidence of the representative's authority to sign on behalf of such person shall be filed with this statement: provided, however, that a power of attorney for this purpose which is already on file with the Commission may be incorporated by reference. The name an any title of each person who signs the statement shall be typed or printed beneath his signature.

Attention: Intentional misstatements or omissions of fact constitute Federal criminal violations (See 18 U.S.C. 1001)

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CUSIP NO: 42216P 20 5

•	 _	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	_	-	_	_	_	-	_	_	_	_	_	_	_	_	_	_	_	_	-	_	_	_	_
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1.

No. Description:

Shareholders' Agreement among D'Amato, Tisi, and the Issuer dated July 13, 2000.

2. Irrevocable Proxy dated July 13, 2000.

3. Waiver dated January 31, 2001.

4. Joint Filing Agreement dated February 13, 2001.

SHAREHOLDERS' AGREEMENT

This SHAREHOLDERS' AGREEMENT (the "Agreement") is made and entered into as of this 13th day of July, 2000, by and among TONY D'AMATO ("D'Amato"), CHRISTOPHER TISI ("Tisi") and HEALTH AND NUTRITION SYSTEMS INTERNATIONAL, INC. (the "Company").

- 1. D'Amato and Tisi are shareholders of the Company, while Tisi is the Chief Operating Officer of the Company. D'Amato owns 799,104 shares of Common Stock (the "D'Amato Shares") of the Company and owns no other shares or securities of the Company.
- 2. D'Amato and Tisi desire to promote their mutual interest, the interest of the Company and the orderly management of the affairs of the Company by providing administrative support for Tisi to continue to undertake his management functions and by creating certain independent rights and obligations with respect to the D'Amato shares and the management of the Company's affairs.

SECTION I Recitals

The recitals set forth above are true and correct.

SECTION II Revocation

Upon execution of this Agreement, the parties hereto wholly revoke all, if any, previous shareholder voting agreements affecting Common Stock in the Company entered into by any of the parties.

SECTION III Voting

- 3.1 Irrevocable Proxy by D'Amato. In consideration of the foregoing conditions and in order to promote the well being of the Company, D'Amato shall provide to Tisi an irrevocable proxy in the form of Exhibit A hereto (the "Irrevocable Proxy") granting unto Tisi the right to vote D'Amato's shares of Common Stock or voting capital stock of the Company for the term provided hereafter on any matter submitted to a vote or consent by the shareholders of the Company.
- 3.2 Specific Performance. Without limiting other applicability of subsection 5.10 of this Agreement, the specific performance provisions of such subsection apply to direct and permit a court of competent jurisdiction to require D'Amato to vote his shares in such a manner as is necessary to carry out the agreements, restrictions and provisions of this Agreement.
- 3.3 Legend on Stock. During the term of this Agreement, each certificate representing shares or Common Stock or capital stock of the Company now or hereafter owned by D'Amato shall bear the following legend:

"THIS CERTIFICATE IS HELD SUBJECT TO A SHAREHOLDERS' AGREEMENT DATED JULY 13, 2000 (THE "AGREEMENT"), A COPY OF WHICH IS IN THE POSSESSION OF THE COMPANY AT ITS PRINCIPAL OFFICE. ANY TRANSFER, HYPOTHECATION, VOTING OR ACQUISITION OF THE COMPANY'S CAPITAL STOCK IS RESTRICTED BY SUCH AGREEMENT AND ANY CORPORATE ACTION IN VIOLATION OF SUCH AGREEMENT IS NULL AND VOID. THE AGREEMENT IS AUTOMATICALLY BINDING UPON ANY AND ALL PERSONS WHO ACQUIRE CAPITAL FROM THE NAMED HOLDER.

- 3.4 Transfers. D'Amato acknowledges and agrees that any transferee receiving shares of Common Stock or capital stock of the Company from D'Amato shall be required to execute an agreement comparable to or incorporating the terms and restrictions of this Agreement.
- 3.5 Issuances of Additional Shares. Any additional shares of Common Stock or capital stock of the Company acquired or received by D'Amato during the term of this Agreement shall be subject to the same restrictions as provided herein and shall be entitled to the same benefits as provided hereby.

SECTION IV Term and Termination

4.1 Term. The term of this Agreement shall be two (2) years unless terminated prior thereto as

provided hereafter.

- 4.2 Termination. This Agreement shall terminate on occurrence on any of the following events:
 - (a) the written agreement by D' Amato and Tisi effecting such termination,
 - (b) upon sale of substantially all of the assets of the Company or any merger or consolidation of the Company in which the Company is not the surviving corporation or the shareholders of the Company do not constitute a majority in capital interest of the surviving corporation,
 - (c) the consummation of an underwritten public offering of the Company's securities,
 - (d) with respect to D' Amato only, upon the sale or disposition of all of his shares of Common Stock or capital stock in the Company pursuant to the terms of this Agreement; provided, however, that any subsequent acquisition of shares of the Common Stock or capital stock of D' Amato shall be subject to the terms and conditions hereof.
- 4.3 Effective Termination. The termination of this Agreement for any reason shall not affect any right or remedy existing hereunder prior to the effective date of termination.

SECTION V General Provisions

- 5.1 Binding Agreement. This Agreement shall be binding upon the respective heirs, legal representatives, personal representatives, assigns, transferees and successors of each of the parties.
- 5.2 Amendment. This Agreement can be amended only by a written instrument signed by all of the then surviving parties and by the personal representative of the estate of each deceased party still having an interest in this Agreement.
- 5.3 Attorneys' Fees. In connection with any litigation arising out of this Agreement, the prevailing party shall be entitled to recover all costs incurred, including attorney's fees.
- 5.4 Construction. Any construction or interpretation pertaining to the provisions of this Agreement shall be governed by the laws of the State of Florida. Any and all legal actions as a result of disputes with regard to this Agreement or enforcement of this Agreement shall be brought in Palm Beach County, Florida.
- 5.5 No Waiver. The failure of any party at any time to require performance by another party of any provision hereof shall not affect in any way the full right to require such performance at any time thereafter; nor shall the waiver by any party of a breach of any provision hereof be taken or held to be a waiver of the provision itself.
- 5.6 Captions. The headings contained herein are merely, for the convenience of the parties and the context of such paragraphs shall control the respective meanings.
- 5.7 Survival. All representations, warranties, covenants and agreements of the parties contained in this Agreement, or in any instrument, or other writing provided for in it, shall survive the execution hereof.
- 5.8 Counterparts. This Agreement may be executed in two or more counterparts, each of which shall be deemed an original, but all of which together shall constitute one and the same instrument.
 - 5.9 Notices.
- (a) Addresses. All notices, demands or requests provided for or permitted to be given pursuant to this Agreement must be in writing and shall be deemed to have been properly given or served by depositing same in the United States mail, addressed to the Shareholder, postpaid, and registered or certified, with a return receipt requested at the following address:

D' Amato:

Tony D `Amato P.O. Box 191154 Miami Beach, FL 33119 Tisi

Christopher Tisi

3750 Investment Lane, Suite 5 West Palm Beach, FL 33407

The Company

3750 Investment Lane, Suite 5 West Palm Beach, FL 33407

(b) Change of Address. By giving to the other parties at least 15 days written notice thereof D'Amato, Tisi and the Company and their respective successors and assigns shall have the right from time to time and at any time during the term of this Agreement to change their respective addresses and each shall have the right to specify as its address any other address within the United States.

5.10 Specific Performance. The parties hereby declare that it is impossible to measure in money the damages which will accrue to a party hereto or to the personal representatives of a decedent by reason of a failure to perform any of the obligations under this Agreement. Therefore, if any party hereof or the personal representatives of D' Amato or Tisi shall institute any action or proceeding to enforce the provisions hereof, any person against whom such action or proceeding is brought hereby waives the claim or defense therein that such party or such personal representatives has or have an adequate remedy at law, and such person shall not urge in any such action or proceeding the claim or defense that such remedy at law exists.

IN WITNESS WHEREOF, the parties have executed this Agreement this 13th day of July, 2000.

(Continuation of Signature Page to Purchase Agreement)

HEALTH	AND	NUTRI	ΓΙΟN	SYSTEMS	INTERNA	TIONAL,	INC.
By:	/9	Steven	Pome	erantz			
							-

Name: Its: President

EXHIBIT A

HEALTH AND NUTRITION SYSTEMS INTERNATIONAL, INC.

IRREVOCABLE PROXY

KNOW ALL MEN BY THESE PRESENTS, that TONY D'AMATO, a shareholder of HEALTH AND NUTRITION SYSTEMS INTERNATIONAL, INC. (the "Corporation"), holding the number of shares of stock of the Corporation listed below, does hereby appoint CHRISTOPHER TISI, or his successor in interest, as provided in that certain Shareholders' Agreement dated as of July 13, 2000 between Tony D' Amato, Christopher Tisi and the Corporation (the "Agreement"), with full power of substitution, the true and lawful attorney and proxy of the undersigned for an in his name, place and stead to attend all meetings of the shareholders of the Corporation, and to vote or to give his consent in respect to any and all shares of the capital stock of the Corporation at the time standing in his name, at any and all meetings of the shareholders or any adjournment, or to express the consent or dissent of the undersigned without a meeting in respect to any matters submitted for a vote or consent of the shareholders of the Corporation. The undersigned hereby affirms that this proxy is coupled with an interest and is irrevocable, and the undersigned hereby ratifies and confirms all that the proxy may lawfully do or cause to be done by virtue hereof. The proxy granted herein shall be subject to the terms and conditions of the Agreement.

IN WITNESS WHEREOF, the undersigned has set his hand this 13th day of July, 2000.

	/s/Tony D'Amato	
	Tony D'Amato	
	600,000	
	No. of Shares	
STATE OF FLORIDA)	
COUNTY OF)ss.:)	

The foregoing instrument was acknowledged before me this 13th day of July, 2000 by TONY D'AMATO.

> /s/Melanie Sue Murphy NOTARY PUBLIC

NOTARY SEAL My Commission Expires: 05/07/2001

HEALTH AND NUTRITION SYSTEMS INTERNATIONAL, INC.

IRREVOCABLE PROXY

KNOW ALL MEN BY THESE PRESENTS, that TONY D'AMATO, a shareholder of HEALTH AND NUTRITION SYSTEMS INTERNATIONAL, INC. (the "Corporation"), holding the number of shares of stock of the Corporation listed below, does hereby appoint CHRISTOPHER TISI, or his successor in interest, as provided in that certain Shareholders' Agreement dated as of July 13, 2000 between Tony D' Amato, Christopher Tisi and the Corporation (the "Agreement"), with full power of substitution, the true and lawful attorney and proxy of the undersigned for an in his name, place and stead to attend all meetings of the shareholders of the Corporation, and to vote or to give his consent in respect to any and all shares of the capital stock of the Corporation at the time standing in his name, at any and all meetings of the shareholders or any adjournment, or to express the consent or dissent of the undersigned without a meeting in respect to any matters submitted for a vote or consent of the shareholders of the Corporation. The undersigned hereby affirms that this proxy is coupled with an interest and is irrevocable, and the undersigned hereby ratifies and confirms all that the proxy may lawfully do or cause to be done by virtue hereof. The proxy granted herein shall be subject to the terms and conditions of the Agreement.

IN WITNESS WHEREOF, the undersigned has set his hand this 13th day of

uly, 2000.	
	/s/Tony D'Amato
	Tony D'Amato
	600,000
	No. of Shares
TATE OF FLORIDA))ss.:
OUNTY OF)
The foregoing instrument was ackruly, 2000 by TONY D'AMATO.	nowledged before me this 13th day of

/s/Melanie Sue Murphy

NOTARY PUBLIC

NOTARY SEAL My Commission Expires: 05/07/2001

WAIVER

Tony D'Amato, Christopher Tisi ("Mr. Tisi"), and Health and Nutrition Systems International, Inc. (the "Company") entered into a Shareholders' Agreement dated July 13, 2000 (the "Agreement"). An Irrevocable Proxy signed by Tony D'Amato was attached to the Agreement, also dated July 13, 2000 (the "Proxy").

Mr. D'Amato is the holder of Certificate Number 01237 representing 125,000 shares of the Company's common stock (the "Shares").

Mr. Tisi and the Company hereby waive any and all rights either of them may have pursuant to the Agreement and the Proxy related to the Shares.

Health & Nutrition Systems Inter	national, Inc.							
By: /s/Steven Pomerantz	Date: January 31,.2001							
Steven Pomerantz, CEO								
STATE OF FLORIDA))ss.:							
COUNTY OF PALM BEACH	j							
January in the year 2001 by Stev								
	/s/Tracy A. Rogers							
	NOTARY PUBLIC							
	Print Name:							
NOTARY SEAL	Notary Public, State of Florida My Commission Expires: January 31, 2001							
	Date: January 31,.2001							
Christopher Tisi, Individually								
STATE OF FLORIDA))ss.:							
COUNTY OF PALM BEACH)							
The foregoing instrument was acknowledged before me this 31st day of January in the year 2001 by Christopher Tisi, who is personally known to me who has producedas identification.								
	/s/Tracy A. Rogers							
	NOTARY PUBLIC							
	Print Name:							
NOTARY SEAL	Notary Public, State of Florida My Commission Expires:							

JOINT FILING AGREEMENT

Each of the undersigned acknowledges and agrees that the foregoing statement on Schedule 13D is filed on behalf of the undersigned and that all subsequent amendments to this statement on Schedule 13D shall be filed on behalf of the undersigned without the necessity of filing additional joint filing agreements.

Each of the undersigned acknowledges that he or it shall be responsible for the timely filing of such amendments, and for the completeness and accuracy of the information concerning it contained therein, but shall not be responsible for the completeness and accuracy of the information concerning the other reporting persons.

This agreement may be executed in any number of counterparts and all of such counterparts taken together shall constitute one and the same instrument.

Dated as of this 13th day of February 2001.

/s/Christopher Tisi	/s/Steven Pomerantz
Christopher Tisi	Steven Pomerantz
/s/Tony D. Amato	/s/Tony Musso
Tony D'Amato	Tony Musso