

AYO'S JOURNEY

1970s BORN IN LONDON, UK

1990 PERFORMED 'THE SAVE OF THE CENTURY' (FOOTBALL)

1998 GRADUATED FROM NOTTINGHAM TRENT UNIVERSITY

1998 QUALIFIED AS A PT

1999 DIAGNOSED WITH CROHN'S DISEASE

2001 CHEERED BY 36,000 AT WHITE HART LANE EXECUTING A FLYING RUGBY TACKLE

2002 COMPLETED FIRST MARATHON

2004 TRAVELLED AROUND THE WORLD FOR A YEAR

2005 RETURNED TO THE UK, REHIRED AND PROMOTED TO SENIOR TRAINER, AND SUBSEQUENTLY, MANAGER AT MRPT

2008 COMPLETED FIRST 7A LEAD CLIMB

2011 COMPLETED THE MARATHON DES SABLES

2013 LEARNED TO SWIM

2015 MARRIED THE GIRL OF HIS DREAMS

2016 TREKKED THE 5416 METRE-HIGH ANNAPURNA CIRCUIT IN NEPAL

2017 HIRED BY PRECISION NUTRITION

2018 BECAME A FATHER AND FOUNDED ACHIEVE YOUR OBJECTIVE

AYO'S CREDENTIALS

BSC IN SPORTS SCIENCE

CERTIFIED STRENGTH & CONDITIONING SPECIALIST (NSCA)

CERTIFIED NUTRITION COACH (PRECISION NUTRITION, LEVEL ONE AND LEVEL TWO)

FUNCTIONAL MOVEMENT SCREEN CERTIFIED (FUNCTIONAL MOVEMENT SYSTEMS, LEVEL ONE AND LEVEL TWO)

CERTIFIED PRE AND POST NATAL COACH (GIRLS GONE STRONG ACADEMY)

CERTIFIED ONLINE TRAINER (ONLINE TRAINER ACADEMY, LEVEL ONE AND LEVEL TWO)

HEALTH/FITNESS INSTRUCTOR CERTIFICATION (ACSM)

DIPLOMA IN FITNESS TRAINING AND SPORTS THERAPY (PREMIER TRAINING AND DEVELOPMENT)

