

RONALD ABVAJEE

Fitness & Healthy Living thought leader, advisor, commentator, writer and presenter. Founder of MyPersonalTrainer and Healthy Living Consulting.



Ronald Abvajee, is one of the leading health, fitness and wellness experts in the country. He has been recognized as a thought leader in corporate health and wellness as well as individual health and fitness.

Abvajee is founder of award winning MyPersonalTrainer, a health and fitness company that has established itself as an authority on healthy living content syndication, corporate wellness as well as private health and fitness services.

In 2012, Ronald founded Healthy Living Consulting that offers expert consulting services to governments, corporate and organizations on health, healthy living and wellness.

Abvajee's distinguished career is highlighted by winning the Top Black Male Entrepreneur Award in 2011 at the Metropolitan Oliver Empowerment Awards. And being a finalist in the Entrepreneur of the Year category at the National Business Awards 2011.

He is considered one of the most inspiring people through his role on television as the trainer and wellness expert on the Nestle Active TV Show, which flighted in 2010, through his regular TV appearances, radio interviews, expert articles in numerous print and online publications, and through being the Special K cereal fitness expert and was featured on the side panel of over 1 million cereal boxes.

Abvajee has been a fitness expert and healthy living coach for over 10 years. He is a qualified exercise physiologist with his degree in Physical Education and Human Movement Sciences, attained at the University of the Witwatersrand. He is a sought after speaker for conferences, corporate and private events; to motivate and inspire audiences towards health, fitness and wellness

In addition, he is a 5th Degree Black Belt in Karate, and uses this to conduct national self defense programmes and his flagship **Breaking Through Barriers Programme** to blend his proven business acumen with his extensive martial arts training to guide people through the process of identifying specific life obstacles, and then overcoming and breaking through those obstacles.

Abvajee's goal is to create total life solutions for people that involve all aspects of living well, including health, wellness, weight loss, and overall lifestyle. By sharing a

unique and inspiring philosophy that stresses the integration of fitness, nutrition, and behavioral changes,

He empowers people everywhere to define and reach their personal goals, both physical and psychological.

Abvajee has a unique connection with his audience that stems from his own personal journey toward wellness, breaking through his barriers and from losing everything to finding the strength to rebuild his life brick- by-brick.

Let's talk.
Let's connect.
Let's start.

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