**Donavon B. Israel**

318-372-1231 [BODYbyDONAVON@gmail.com](mailto:%20%20BODYbyDONAVON@gmail.com)

# Personal Trainer & Group Fitness Instructor

**Motivational Speaker**

**Founder of BODYbyDONAVON LLC**

**Education and Certifications**

→ Muay Thai Training: Bangarang Muay Thai & Fitness Gym (Mae Rim, Thailand)

→ Boxing Training: INDIE Fight Club (Bali, Indonesia)

→ Personal Trainer Certification: American Fitness Training of Athletics

→ Group Fitness Instructor Certification: American Fitness Training of Athletics

→ TRX Instructor Certification

→ 1st degree Taekwondo Black Belt

→ Life Saving Instructor Certification: American Red Cross

→ University of Louisiana at Monroe: A.A. Criminal Justice

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| **Skills and Proficiencies** |  | | | |
| → Strength Training  → Body Building  → Body Sculpting | →  →  → | Self Defense  Sport Specific Training In-Home Training | →  → | Kettle Bell Instruction TRX Suspension Training |
| → Aerobic Conditioning | → | Group Fitness |  |  |
| → Boxing | → | Motivational Speaking |  |  |
| → Taekwondo | → | Nutritional Counseling |  |  |
| **Speaking Engagements** |  |  |  |  |

Mount Vernon Institute of Modeling and Etiquette (Baltimore, MD)

Nutrition and Fitness Instructor [www.mvmodeling.com](http://www.mvmodeling.com/)

Johns Hopkins Bayview Medical Center’s Biggest Loser Competition (Baltimore, MD)

Motivational Speaker

Koon’s Ford of Baltimore’s Biggest Loser Competition (Baltimore, MD)

Motivational Speaker

# Awards and Social Media

Best of Baltimore Awards 2014 – Best Personal Trainer and Best Group Fitness Instructor

Best of Baltimore Awards 2013 – Best Personal Trainer and Best Group Fitness Instructor

Baltimore Health and Fitness Blog <http://fhfitness.wordpress.com/author/israeldb/>

The Historically Hip Federal Hill Blog: BODYbyDONAVON of Federal Hill. December 2010 <http://historicallyhipfederalhill.blogspot.com/2010/12/body-by-donavon-of-federal-hill.html>

"BODYbyDONAVON Charmed Magazine." Charmed Magazine.