

Brian J. Johnston

The Fitness Purpose Coach™



Fitness professional, motivational speaker, and best-selling author, Brian J. Johnston is on a mission to help others **“Discover & Develop a Higher Fitness Purpose.”** Through hands-on training, personal coaching and one-of-kind wellness seminars, Brian shares peak performance training and nutrition “secrets” and a powerful, life-changing message with corporations, colleges, and kids.

After returning from a year abroad in Australia as a Rotary exchange student, Brian graduated from Flagler College (St. Augustine, FL) with a degree in Recreation and Sports Management.

In 1999, Brian was one of 60 Olympic bobsled semi-finalists to compete at Lake Placid, NY. That same year he also played Titan inside linebacker (#51) in the hit movie ***‘Remember the Titans.’***

As a fitness professional, Brian became known as **“The Trainer’s Trainer”** through certifying, coaching, and training hundreds of other fitness professionals over a 6-year period. In 2004, he was named one of the **“Top 55 Trainers in the World”** by the American Association of Personal Trainers and co-authored a comprehensive fitness manual called ***‘The Power of Champions’***.

In 2008, Brian joined other top business and motivational leaders such as Wayne Dyer, Tony Robbins, Rev. Michael Beckwith (from *‘The Secret’*) and others when his story ***‘Finding Your Fitness Purpose’*** appeared in ***‘Living in Abundance’*** – part of the multiple best-selling ***‘Wake Up... Live the Life You Love’*** book series.

In 2009, Brian founded AmpuCamp.org, an Atlanta-based non-profit that provides vital support, encouragement and resources to anyone (regardless of age/background) personally affected by or caring for someone with limb loss/difference via on-site and web-based programs.

In 2011, Brian was voted one of Best Self Atlanta magazine’s (June/11) **TOP 10 ‘Over 40 and Fabulous’** Atlantans for his personal, professional and philanthropic pursuits.

On a personal note, Brian lives in Atlanta, Georgia with his wife and son. A competitive physical activity enthusiast by nature, previous athletic endeavors included football, rugby, collegiate cheerleading, beach volleyball, and sprint-distance triathlons. Other passions include playing guitar, writing, drawing, and spending quality time with family.

For more information or to schedule a personal consultation and/or professional seminar, please contact: Brian J. Johnston / 404.451.4170 / brian@evolve-now.com
www.Evolve-Now.com