



Home town – Chicago Ill

Single

2 boys (Adrian/Alyx)

Retired Military (AF) Acquisition Specialist, Program Management, Security Forces, Supply and Honor Guard member for 8 years.

2<sup>nd</sup> degree Black Belt in Martial Arts – Tae Kwon Do

Self defense instructor

Air Force and High School Basketball Coach for over 30 years

Cardio Kick boxing instructor

Fitness instructor

Combat Abs instructor

Health and Wellness motivator

Safety and awareness speaker

**Started a “Get Fit to Fight” campaign at Eglin AFB on health and fitness over 10 years ago, target audience is everyone whose alive!**

Speak to local High School (ROTC) Students about the importance of being healthy.