

Biography
John B. Williams
Health & Wellness Expert
Author

It has been said by his peers that
John B. Williams, founder of EVO Health
“...possesses an unmatched desire for learning and a
passion for the pursuit of excellence.”



John B. Williams has been in the fitness, health and wellness profession for over 13 years and during that time has cultivated his expertise and brought a trusted knowledge to others through training, speaking and programs.

After operating his own sport performance training facility in Georgia, John made a decision in 2009 to expand his brand and focus on building EVO Health. EVO Health is a health and wellness corporation that provides resources and programs based on John's professional expertise to those who want to gain initial, or have the intent to further their, knowledge on leading a healthy lifestyle.

As a certified strength and conditioning specialist, John has worked to better the careers of many athletes and he continues to work with top athletes such as professional tennis players (men's and women's), Professional Track and Field athletes. No stranger to sports or fitness, before launching his career as a coach, John himself has been a long time advocate of whole body nutrition and fitness since his days as a professional motorcyclist in the 1990's. After deciding to end his motorcycle racing career, John realized his talent for helping others be the best they can and as he learned, his passion grew.

Currently, John spends his time perfecting formulations for the upcoming EVO Health nutraceuticals line and he has also recently published the first book in his Science of Getting Fit Program, titled, Balanced Mind Beautiful Body. Readers can jump start their road to health no matter what the end goal by addressing the health of the mind before moving on to parts two and three of the program that address nutrition and exercise. John also works diligently to make himself available to members of the EVO Health online community at www.evo-health.com a complete health and wellness resource available to the public.

In addition to educating other coaches and fitness professionals about advanced training concepts through clinics and lectures, John has notably served as a consultant to numerous athletic organizations such as Nike and Mizuno and has been a featured contributor to several nationally recognized publications including Men's Health, Men's Fitness, Physical and Pure Power magazines.

With vast knowledge of whole body and mind health that he has experienced, taught and provided throughout his career, John and his reputation are what make up EVO Health. Bringing whole, organic change to those who seek it is EVO Health's main goal and one he pursues with pride.