ADE ASHAYE | HEALTH & FITNESS COACH | FITNESS INSTRUCTOR | SPEAKER

Ade as she is popularly known is the CEO of It's Time Fitness. Through It's Time Fitness Programs, she works with women to adopt a healthier lifestyle.

Ade is a Health and Fitness Coach who has helped women around the world experience transformation Spirit, Soul and Body. She is a certified fitness instructor, fitness nutrition specialist, a motivational speaker and a sort after Dance to Fitness™ instructor. She has been featured on several TV and radio shows and in conferences and events in Canada and major cities in the United States including Atlanta, Dallas, Chicago and Phoenix.

With the release of her Fitness DVD, Dance to Fitness™ has extended its reach to other parts of the world as far as Africa, Europe and Australia.

She is also the author of the 12 Day Power Detox E-Book which is helping hundreds of people take charge of their health. At the end of the 12 day program, participants have a healthier body with new healthy habits, a mind that's set to make healthy choices and a rejuvenated spirit.

Through her Fitness For Africa Initiative, It's Time Fitness is also making impact in Africa, motivating people to get fit and spreading the good news of health and wellness.

She is the recipient of the International Ambassador Award which is given to leaders who display dedication, service and outstanding contributions to their community and worldwide.

She was born and raised in Nigeria but she moved to Canada to complete her undergraduate degree in civil engineering. She now resides in the valley of the Sun, Phoenix, Arizona.

She is very positive and enthusiastic about life, fitness, health and wellness and encourages the participants to do the same. Her passion comes from her personal experience with weight loss, love for the holistic lifestyle and her relationship with Jesus. One of her greatest desires is to take fitness to the different nations across the world.

Please download high resolution, professional headshot pictures of Ade at www.itstimefitnessaz.com/invite-ade. Thanks

ABOUT IT'S TIME FITNESS

WHO WE ARE

It's Time Fitness is a Faith Based Organization offering fitness programs by organizing activities that cater to the Spirit, Soul and Body through fitness classes and events. We help people make that connection with health and fitness as it relates to the spirit, soul and body.

Spiritual Fitness + Physical Fitness = Total Health (spirit, soul & body).

Dear friends, I hope all is well with you and that you are as healthy in Body as you are strong in spirit. (3 John 1:2). John speaks the heart of God in this verse as it is His desire that we are healthy both spiritually and physically.

WHAT WE DO

At It's Time Fitness, we work with people who are ready to adopt a healthier lifestyle and people with a desire to create a positive self-image for different aspects of their lives who struggle with gaining weight and low self-esteem. Their goals include losing weight, maintaining weight, improving emotional wellness, making healthier lifestyle choices and boosting self-confidence. These would in turn produce an appreciation of personal qualities and worth. We engage the 3 entities that make us human - The spirit, soul and body to create fun and family friendly fitness programs that result in total health and address self-image challenges.

HOW YOU CAN GET INVOLVED

Our premier fitness program, Dance to Fitness™ is a dance fitness class which combines faith based activities with high energy dance to Christian International Music to create a workout that would really move you spirit, soul and body in a positive and encouraging atmosphere. Before participants know it, they're burning calories, getting fit and their energy levels are soaring! It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning participants.
We also organize workout sessions for groups, conferences, retreats, fitness hikes, fitness activities for kids and weight loss challenges to help our participant achieve their health and fitness goals.

Our health and fitness programs i.e. the Fabulously Fit Weightloss and Fitness Program and the 12 Day Power Detox Program are two of our most popular programs which are helping participants lose weight, get fit and take charge of their health, spirit, soul and body.

Fitness for Africa is one of It's Time Fitness Community Initiatives. It's our own way of giving back to our motherland and a project to spread the message of health, fitness and wellness in Africa.
To accomplish our goals, we partner with churches and organizations doing missionary work and health related projects in Africa. We travel to Africa to organize live workout sessions and seminars or feature in already planned events. Our workout DVD is also an important resource to encourage fitness as it can be distributed in places we do not have access to.

Please visit www.itstimefitnessaz.com to view pictures of events and for more information.