

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 healthy 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 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, Houston, Austin 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 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 was born and raised in Nigeria but she moved to Canada to complete her undergraduate degree in civil engineering.

She is very positive and enthusiastic about life, fitness, health and wellness and encourages the participants to do the same. One of her greatest desires is to take fitness to the different nations across the world.

FITNESS FOR AFRICA

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.

Our goals include educating them about the benefits of fitness and providing practical ways to incorporate fitness and wellness into their everyday lives. We believe fitness and wellness not only applies to the body but the spirit and soul as well.

Music and dancing are very prominent parts of the African culture. Dance fitness and other forms of aerobic exercises are effective ways to encourage fitness in the African nations. That is why we are currently developing a fitness DVD with African rhythms.

To accomplish our goals, we will be partnering with churches and organizations doing missionary work and health related projects in Africa. This will involve traveling to Africa to organize live workout sessions and seminars or feature in already planned events. Our fitness DVD is also an important resource to encourage fitness as it can be distributed in places we do not have access to.

Therefore, we hope to raise funds through charitable donations and sales from our branded It's Time Fitness merchandise (T-shirts, DVDs and wristbands) during the Dance to Fitness™ Events to support this project.

It is our desire to see people from different nations in Africa embrace fitness and healthy living as a lifestyle, build self-esteem and a healthy self-image so they can fulfill their God-given purpose and live a long life.

We hope you will support this cause that is dear to our hearts. We all can enjoy the benefits of good health and fitness i.e. long life, absence of sickness and diseases, happiness, more energy, weight control and the list goes on.

Our Fitness For Africa Project in Nigeria summer of 2015 was a success with hundreds of people in attendance and participation at the 5 events we had in Lagos and Ogun State i.e. Women's Conference organized by Women Connected By Purpose, Dance to Fitness Parties at Global Impact Church, RCCG Discovery Center and RCCG Amazing Grace Parish and Chapel of Victory, Sagamu, Ogun - State. Ade also had the opportunity to share about health and fitness on Lagos Television, Channels TV and Eko FM.

Please visit www.itstimefitnessaz.com/fitness-for-Africa to view pictures and for more information.