



Rami F. Odeh, MS, HFS

Motivational Speaker
Coach • Author
Health and Fitness Expert

About Rami F. Odeh

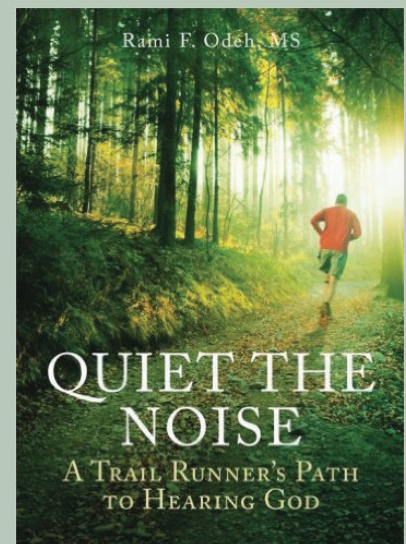
Rami F. Odeh is the founder of FormWell Personal Fitness Training, a personal training company located in Sandy Springs, GA. Founded in 1999, in the over 20 years Rami ran and owned the business, FormWell helped over 5000 clients achieve their exercise and weight loss goals. Rami sold this business in 2019 to pursue his next dream career: motivational speaking, writing and coaching.

Rami has dual master's degrees, one in industrial psychology and the other in exercise physiology and is certified by the American College of Sports Medicine as a health and fitness specialist. He also worked for 11 years for Northside Hospital in Atlanta, GA as an exercise physiologist in the Outpatient Weight Reduction Clinic and the Diabetes Education Department.

He has been a motivational speaker, personal trainer, and nutritional coach in various gyms and client's homes in the Southeast since 1992 and has hands-on experience with over 1000 clients. Rami also does various health-related presentations and health fairs for many corporations and organizations.

Rami is also an amateur triathlete, obstacle course racer, and trail runner, having completed over 300 running races, obstacle course races, and multisport events (including Ironman Florida in 1999, multiple 1/2 Ironmans and multiple on-and-off-road marathons) since 1992. His current challenge is running off-road ultra-marathons; he finished his first in 2009, completed a 12-hour, 53-mile off-road run in early 2011 and finished his first 100 mile run in late 2012 (in 26 hours and 52 minutes).

His current life mission is to positively effect the lives of as many people he can, using speaking, coaching and his three volumes of published books: *Quiet the Noise: A Trail Runners Path to Hearing God*.



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