

VAN DAVIS, MAT, CPFT,

Owner and CFO of Be Awesome Now, Fitness by Van, Co., Fit 4 a Cause, and Van's Volleyball Training for Life Program. Van Davis is the CFO (*Chief FUN Officer*) of Be Awesome Now Co., with its mission to bring the community together through fitness and wellness programs and services and to assist women and girls in the community to LOVE, LIVE & LEAD better.

Van graduated from Western New Mexico University with a Masters Degree in Exercise Science. She became the head volleyball coach at WNMU for 6 seasons before moving to Waco, Texas, where she currently resides.

A certified wellness coach, Van holds several nationally recognized health and fitness certifications including:

- ACE Personal Training
- CIAR (Cooper Institute of Aerobics Research) Fitness Specialist
- CIAR Biomechanics of Strength Training
- CIAR Advanced Biomechanics of Strength Training
- CIAR Water Aerobics Specialist
- CIAR Nutrition Specialist
- AFAA (Aerobics and Fitness Association of America) Group Instruction
- MCA Strength Director
- YMCA Strength Instructor
- YMCA Prenatal Instructor and Water Aerobics Instructor
- PACE (People with Arthritis Can Exercise) Instructor's Trainer

In her spare time, Van enjoys coaching youth volleyball and putting on community fitness and wellness events. Van has been happily married to her high school sweetheart, Raymond, for 37 years. They are proud parents of their adult daughter, Bianca.