

Avtar Nordine Zouareg

President/Owner at Avtar Wellness

Tucson, AZ, US

Health and Fitness Expert ?Former World Champion/ Mr. Universe ? Keynote Speaker ? Author

Biography

Avtar, also known as Nordine Zouareg, is an internationally acclaimed self-development, wellness guide, weight loss expert, author and speaker. He draws on three decades of diverse experience in the fitness and wellness fields, including 10 years leading the fitness program at Miraval Resort, the world-class spa in Tucson, Arizona. There, he worked with top celebrities, national politicians, business executives and entrepreneurs. He is internationally known for his unique, holistic teaching methods, which allow his clients to live fuller, happier lives. Avtar is the best-selling author of Mind Over Body (rated 5 stars on Amazon). Additionally, he is a world-champion class, formerly holding the Mr. Universe, Mr. World, Mr. Europe and Mr. France bodybuilding titles.

Availability

Keynote, Host/MC, Author Appearance

Industry Expertise

Sport - Professional, Fitness, Health and Wellness

Areas of Expertise

Optimum Performance, Weight Loss, Motivational Speaking, Wellness, Stress Management

Affiliations

WELLCOACH, HACUMESE, IDEA, MIRAVAL, ACSM, HIRSA

Sample Talks

Health is the New Wealth: Creating a Life In Balance Through Fitness & Wellness

In today?s world, it?s easy to get overstressed, overweight and about to snap. Everything in your life depends on your ability to think well and take action. When you are functioning at a higher level ? mentally, physically, and spiritually ? good things are drawn towards you, including more of the wealth and success that you currently enjoy. This talk teaches the audience the proper step to make to achieve Total Health & Wellness.

Event Appearances

Lehman Brothers, Mind Over Body Keynote

Mind Over Body: The Key to Lasting Weight Loss is All In Your Head!

Miraval Resort

Life In Balance Through Fitness

Carondelet Health Network

Becoming a Champion of Life!

Sports Club LA

Creating Life In Balance Through Fitness

Sports Club, LA

Creating Life In Balance Through Fitness

Sports Club LA

Creating Life In Balance Through Fitness

National Institute of Whole Health: Mind Over Body

Mind Over Body

Education

IPR, France

BA Accounting

Toulouse University, France

MA, Physical Education

Accomplishments

Owner & President at Triple Impact LLC

Teaching seminars, wellness & fitness coaching. Conducting retreats and wellness interventions. Speaking worldwide.

Fitness & Wellness Director

Created, led and managed multi-million dollars award winning Fitness & Wellness center at Miraval Resort, Tucson AZ.

Speaker, Pro-Athlete

Touring as Pro-Athlete and teaching seminars on Health, Fitness & Wellness in the United States, Canada, England, France, Italy, Germany, Belgium, Netherlands, Luxembourg, Spain, Andorra, Jordan, Greece, Singapore, Australia, New Zealand, Malaysia, Indonesia, United Arab Emirates, Mexico, Guatemala, Algeria, Russia, Mauritius Island, Senegal, Hungary, Austria, Thailand, Guadeloupe, Martinique, San Marino.

World Champion, World Overall Champion, Mr. Universe

Won the 1986 World Bodybuilding Championship, the World Overall Championship in Bern Switzerland, making him the youngest Mr. Universe after Arnold Schwarzenegger.

EB1-EA Alien of Extraordinary Ability

Extraordinary ability means a level of expertise indicating that the individual is one of that small percentage who has risen to the top of his or her field of endeavor. To be considered as an alien with extraordinary ability, the alien must have sustained national or international acclaim in the field of science, art, education, business or athletics, which must be recognized in the form of extensive documentation.

European Champion

Won the title of European Bodybuilding Champion in Lyon France.

Testimonials

Wendy Uvino

Nordine has exceeded my expectations and I am glad I hired him to speak for our executives. His energy, passion and incredible knowledge of the subject makes him a leader in his field. I recommend him to anyone who is committed to help their organizations reach optimum, health, wellness and top performance.

Jeff Spielman

I knew I could trust this guy! He brought to our group of young presidents a boost in energy, the tools to live a better and healthier life and an incredible passion for his craft.

John Assaraf

I've known Nordine for over 12 years now and every time I hear him speak, he manages to inject an enormous amount of inspiration into the audiences core being. Everyone lives motivated, inspired and ready to take action.

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