



## Chad 'CJ' Havunen

CEO USA Elite Trainers LLC

CEO Natural Bodyz LLC

CEO JBC Reality LLC

CEO Natural Bodyz Fitness – Open 24/7

Founder of "Fitness For All Foundation" 501 c3 Non-Profit

IFPA/WNBF Professional Natural Bodybuilder

SVCC Associates Degree

ISSA Certified Fitness Trainer & Nutritional Specialist

### **Bio;**

Chad is the president of USA Elite Trainers, Natural Bodyz and Natural Bodyz Fitness LLC. Chad is a Drug Free Professional Bodybuilder. As a lifelong natural bodybuilder, powerlifter and fitness enthusiast Chad has dedicated his life to helping support and promote physical fitness and nutrition.

Chad has been a personal trainer since 2004. At the same time his professional career started.

**On a Professional Bodybuilder Level:** Chad has won two Natural Bodybuilding Pro cards, in the WNBF in 2007 and IFPA in 2012. Chad has competed in 27 contests throughout his career. Most recently in 2013, he won the IFPA Bodybuilding Pro Bowl in the Heavyweight Class. Additionally, Chad won his most recent powerlifting meet in 2014 and in 2015 in the heavyweight class with a 685 Squat, 685 deadlift and 455 bench.

**On a professional Business Level:** Chad opened USA Elite Trainers in 2007. They were subcontracted to supply personal trainers in seven Anytime Fitness locations. In 2009 Chad co-opened an Anytime Fitness Franchise in Haygood Virginia Beach. In 2012 after selling his Anytime Fitness shares Chad founded Natural Bodyz Fitness 24/7 in Kempsville. Then in 2016 Chad opened Natural Bodyz Fitness 24/7 in Bayside Virginia Beach. Both clubs are tailored to help people from beginners to advanced. Most recently chad has founded "The Fitness For all Foundation" a Virginia 501 c3 nonprofit corporation so all have the physical and economic access at all times to a fitness programs that can help them learn, reform, and maintain better fitness lifestyles as a primary option with or without reliance on medications to solve health issues.

Beyond the professional setting, Chad is married to the Beautiful Kimberley Havunen. They have three wonderful little Boys Calvin, Benjamin and Adam Havunen.

Hobbies/Activities: Picking things up and putting them down...as well as going on family outings. My passion is to continue to help people see the values to living fit and offer the highest value of fitness! Secondly, to one day soon franchise Natural Bodyz Fitness into a national brand.

Chad's keys to success are keeping faith in God's word and plan. His key to success is 2 things 1) Be loyal to the team you have as you will reap what you sow and 2) keep his motto going: "if you're not growing – you're shrinking"