



### **Scott Hayward Bio**

Referred to as one of the country's premier personal trainers, body transformation, and fat loss experts, Scott Hayward truly changes bodies and changes lives. As an author, lecturer, trainer, and educator, he is sought out by those looking to transform their bodies and ultimately transform their lives.

Scott, who holds numerous degrees and certifications, is the author of; "Absession...America's Guide to Ultimate 6 Pack Abs," as well as numerous articles on Anatomy, Physiology, Energy Metabolism, and Exercise Science. His seminars, lectures and workshops on fat loss, weight loss, and body transformation techniques have transformed thousands of lives.

Scott is the consulting exercise physiologist for a fitness product development company, which has several exciting pieces of fitness equipment slated for release in the near future.

Scott and his training techniques were the 2 term official trainer for the Miss Pennsylvania USA Pageant, and has provided training for; NFL, NCAA, NBA and MLS Players. Scott has also been sought out to train Hollywood movie stars, daytime television stars and music icons.

Scott owned and operated an 8,000 square foot Personal Training Facility. He was the fitness director for a 3,000 member health and fitness facility, participated in and coached college athletics and was an adjunct professor for several nationally accredited personal training certifications.

Scott is married to Jennifer Lynn Hayward and they reside in the Philadelphia region with their Siberian Husky named Zoey. Together they have formed Fit for Faith Ministries. Fit for Faith Ministries is a Christian Fitness Ministry which is dedicated to educating, inspiring and empowering people to become better stewards of the body God has given them. Fit for Faith Ministry conducts fat loss seminars and body transformation programs for churches throughout the region.

***Media Personnel to schedule an interview please contact Scott Hayward (484 ) 999-1231 or email [phillypersonaltrainer@yahoo.com](mailto:phillypersonaltrainer@yahoo.com)***