

## **ABOUT**

### **Joe Bloggs Biography**

**Joe Bloggs is the founder of the Ultimate Adventure Playground, an outdoors experience that helps ordinary people from ordinary lives realise their weaknesses can also be their inner strengths. He has helped many people from elite sports men and women to Mr and Mrs Public reach levels of therapeutic physical activity after illness or injury that enhances their overall mental and physical rehabilitation back to health, wellness and fitness.**

**His clients include:**

**Government Departments**

**Private sector Businesses**

**Resorts**

**International visitors**

**Community villages**

**Before devoting his full time to the Ultimate Adventure Playground, Joe was a member of the NZ Army's elite SAS and served twenty years before leaving to set up his own company. He also returned to university where he completed his MBA and PhD in Business and Human Physiology and for a time lectured at the University of Auckland.**

**In addition to setting up the Ultimate Adventure Playground Joe is also a personal trainer and the author of the very successful book, "You are what you can be".**