

Athlete Profile

CrossFit LifeSport

Todd Ovall

By Tracy Plumb

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Fit box is due in part to his ability to train individuals *as* individuals, and having strong-willed, driven clients helps, too.

“We strive to be the best, and to get our athletes more permanent results, with an intelligent ‘health-first’ approach to CrossFit. We employ current information about nutrition, movement and sleep while not taking ourselves too seriously, and making it challenging and fun”.

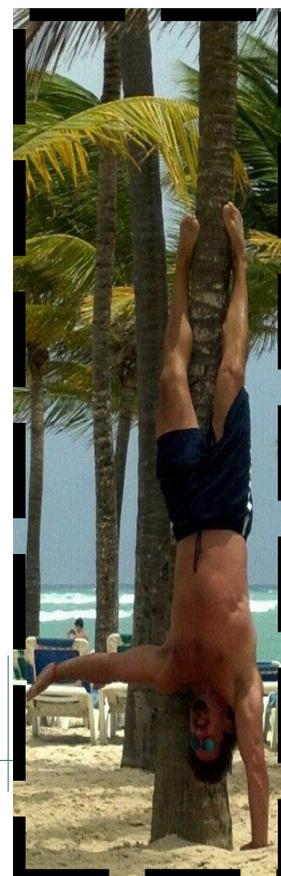
Todd became a CrossFit coach because “CrossFit is truly scalable to the needs of anyone. The coach’s knowledge, experience & creativity are the only limits.”

He also feels that Cross-

Fit is “the smartest way to train, and the most effective means of helping the most people.”

Todd’s sense of humor, empathy, humility & kindness are other contributing factors to the success of CrossFit LifeSport, and the success of every person who walks through the door.

Todd held ISSA, ACSM, and WITS certifications in Personal Training, CrossFit, Olympic, Weightlifting & CrossFit Mobility. He has a background in Forestry, Biology, Landscaping & Construction Engineering.



April 2014 marks CrossFit LifeSport’s 5 year anniversary. This is a major milestone for any small business owner-especially when the business is in the fitness industry.

Todd Ovall, owner and coach, is grateful & humbled by the dedication and loyalty of his clients. The success of his Cross-

Just the facts

Full name: Todd Allen Ovall

Birthday: April 5, 1972

Hometown: East Toledo, Ohio

Wife: Tamera

Children: Sven & Arne

Favorite color: Red...no, wait...Blue

Favorite WOD: “Fight Gone Bad”

Favorite quote: “Energy and persistence conquer all things”
-Benjamin Franklin

Favorite music: There’s so much good music, I have no favorite

Hobbies: Learning, music, food, fitness, camping/hiking/kayaking/cycling, philosophy