

Dr. Ken Davis, Super Ager, to compete at the Miami Beach Pro, June 1, 2024, Current World Champion, Masters 212 70 +

Dr. Ken Davis, lifelong athlete, is author of Holistic Bodybuilding, the Aging Antidote. His life work is assisting others in achieving their optimal health.

MIAMI BEACH, FLORIDA, COUNTRY, May 23, 2024 /EINPresswire.com/ -- [Dr. Ken Davis](#), a lifelong athlete with a college baseball scholarship, Black Belt in Tae Kwon Do, is the author of Holistic Bodybuilding, the Aging Antidote.

His life's work is dedicated to assisting others in achieving health, fitness, and optimal well-being. Venturing into competitive bodybuilding at 66 and attaining Pro Status at 70, he serves as a guiding light for others, demonstrating that reaching peak health and well-being is attainable at any age. Amid the current health crisis and escalating rates of Cardiovascular Disease, Diabetes and Degenerative Illnesses, Dr. Davis is deeply troubled. His mission is to empower, inspire, educate and raise awareness to aid individuals in attaining optimal health and well-being. He aims to spread this message across the United States, emphasizing that regardless of age, religion, or race, excellent health is an inherent right for all. Dr. Davis utilizes Bodybuilding to bring awareness and to inspire others, health and wellness are achievable no matter the age. At the remarkable age of 72, the super ager Dr. Ken Davis will be competing in Miami, Florida, June 1 at the [Miami International Fitness Expo](#), 711 NW 72nd Ave, Miami, FL 33126

Through his dedication to physical fitness and healthy living, Dr. Davis hopes to serve as a role model for others looking to improve their overall well-being. His participation in the Miami Muscle Beach Pro show is just one way he is spreading his message of health and wellness. Dr. Davis believes that by showcasing his commitment to health and fitness on a competitive stage, he can motivate others to prioritize their own well-being. His journey towards the Miami Muscle Beach Pro show serves as a testament to the transformative power of dedication and hard work in achieving optimal health. By sharing his personal journey and accomplishments, Dr. Davis aims to inspire others to take control of their own health and make positive changes in their lives. He hopes to show that anyone can achieve their wellness goals with determination and effort.

Dr. Davis is available for special appearances, consulting, seminars, media.... You may contact him at info@davisahs.com

Davis AdvancedHealthSystem
66 Park St. Suite 101
Montclair, New Jersey, 07042

Office Phone: 973-744-7447

Dr Ken Davis IFBB PRO
Davis Advanced Health System
+1 973-744-7447

[email us here](#)

Visit us on social media:

[Facebook](#)

[Instagram](#)

[YouTube](#)

[Other](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/713559247>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2024 Newsmatics Inc. All Right Reserved.