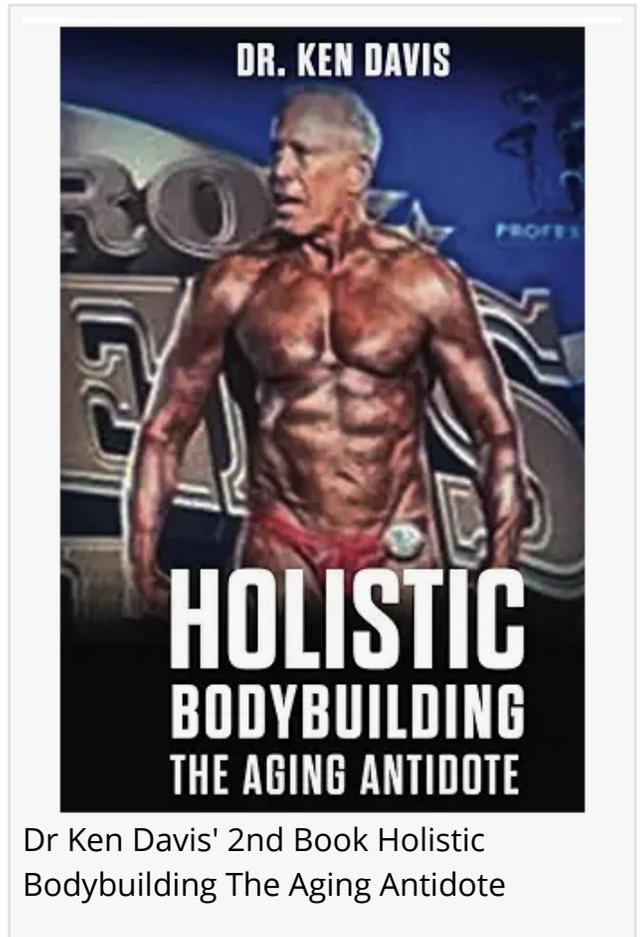


Dr. Ken Davis, Super Ager, to compete at the Tampa Pro, August 1, 2024 Current World Champion, Masters 212 70 plus

MONTCLAIR, NEW JERSEY, UNITED STATES, July 13, 2024 /EINPresswire.com/ -- Dr. Ken Davis, lifelong athlete, is author of *Holistic Bodybuilding, the Aging Antidote*. His life work is assisting others in achieving their optimal health.

Tampa, Florida, USA, July 13, 2024. 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 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 Tampa, Florida at the [Tampa Pro](#), IFBB PRO LEAGUE competition, August 1, at the Grand Hyatt, Tampa Bay, 2900 Bayport Dr. Tampa, Florida, 33607.

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 Tampa 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 Tampa Pro show serves as a



Dr Ken Davis' 2nd Book Holistic Bodybuilding The Aging Antidote

testament to the transformative power of dedication and hard work in achieving optimal health. By sharing his personal experiences 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

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Super Ager Dr. Ken Davis,
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