

Blai Pastor Bou



FITNESS & ACTIVE LIVING & SPORTS CURRICULUM

PERSONAL PROFILE

- **Address:** C/ Arcadi balaguer, 23 Castelldefels town, Barcelona province (spain)
- **Nationality:** Spanish
- **Native:** Barcelona city / **date of birth:** 03 / 15 / 1968
- **Contact:** 34 699 80 47 99 / blai.activelivingcoach@gmail.com /

A) ACADEMIC CERTIFICATION.

1990 – 1995: **Bachelor's degree in the Physical Education & Physical activity & sports Institute of the Barcelona's University (5 years).** Specific focus on:

- Outdoor physical activities & Sports adventures experiences coaching & training & management.
- Health & fitness management.
- Sports & fitness performance coaching / Rugby coach / mastery
- Therapeutic Exercise & Rehabilitation medicine.
- Physical education & sports teaching / first aids & aquatic lifeguard.

1996 – 1997: **Postgraduate Diploma in Sports & Fitness bussiness Management** from the University of Barcelona (Economics Department).

2003 – **Certified in Anti-Aging & Wellness Medicine** by the Barcelona Anti-Aging Institute.

B) PROFESSIONAL EXPERIENCE:

1990–1998: **Outdoor sports adventures instructor & coordinator in Rafting dreams corporate ubicated from Sort & Baquiera Beret (Catalonian Pirineos mountains)** developing sports adventures experiences likes Rafter; Skier; Trekking; Mountainbiker; Canyoning; or hidroespeed.

1995–1999: Secondary **Physical Education Teacher & Sports Administrator** in the Voramar’s School.

1998 – 2005: **Owner & Manager** of Personal, Group and Team fitness & sports conditioning & outdoor adventures sports services Training & coaching Technologies:

Summer of 1999 in Kansas City, USA for national conference “Strength Training & Conditioning Association”:

- The goal was to investigate and to analyze the physical fitness training & outdoor sports coaching market & professional opportunities.
- Travelled extensively to different places including the High Performance Center in Colorado Springs; Jackson Hole, San Francisco; Black hills; Grand Canyon; Yellowstone; Bryce Canyon, Yosemite; Durango of Colorado state, Aspen; Los Angeles, Houston, Denver and Miami.
- **Upon returning to Barcelona I to defined a conceptual business plan for Barcelona’s outdoor adventures sports & fitness conditioning & coaching market:**

- Began strategic business plan development defining the niche markets: outdoors adventures setting sports & fitness facilities offering this high quality service.
- Targeted programs to meet the needs & interests of clients
- Budgeted for state of the art equipment sports & fitness conditioning (Ergo power dynamometer, Micro muscle lab trainer, body composition, electro stimulation, ultrasonic, Polar system, Fitness publisher software). Promotional campaign including the sales process.
- Realized project in a:
 1. Sport club called Polo Royal Club. The focus was conditioning athletes in tennis, Sky sports; aquatic sports, polo, hokey and horseback riding;
 2. Women sports conditioning in golf, running, skiing or cycling in the Iradier's gym;
 3. Fitness coaching corporate & incentive programs & team building in MRW mailing services corporate;
 4. Physical therapy & Antiaging exercise & fitness treatment in the Antiaging Institute from Teknon Hospital;
 5. Physical conditioning in home gyms.
 6. Consultor for the Helix 3c consulting in "knowleged's economy" about the an specific fitness & sports's lifestyle for the 22@ Barcelona's district.

2005 – 2016: **Acquisition of my own sports & fitness club.**

- A classical sports & fitness club with tennis, sail's school, squash, paddle and multisport courts; cafeteria – bar, showers and reception, located in front of the beach
- The previous economic status of the club was in financial breakdown. With a personal financial investment of 72,000 € I invested in:
 - * State of the art fitness, wellness, physical therapy, leisure and sports instruction equipment.
- Innovated management strategies: member for life & customer service retention
- Programmed strategies for business profit: sports & fitness programming; young & children sports & fitness conditioning; outdoor sports adventures experiences in english bootcamps or sports's courts clinics .Actually: I sold the club in 2016.

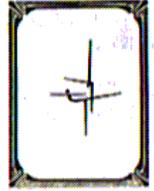
2017 - 2022: Lifestyle fitness & sports coach. To promote, facilite and to buid a lifestyle physically active and fitness lifelong operating lifetime sports (cycling, windsurf, SUP, surf; kitesurf, functional fitness; and more).



Juan Carlos I, Rey de España

y en su nombre

El Ministro de Educación y Ciencia



Considerando que, conforme a las disposiciones y circunstancias prevenidas por la legislación vigente,

Don Blai Pastor Bou

nacido el 15 de marzo de 1968, en Hospitalet de Llobregat (Barcelona),
de nacionalidad española,

ha superado los estudios correspondientes organizados por el INSTITUTO NACIONAL DE EDUCACION FISICA,
adscrito a la UNIVERSIDAD DE BARCELONA,
en septiembre de 1995, conforme a un plan de estudios publicado en el B.O.E. del 18 de diciembre de 1981,
expide el presente

Título oficial de Licenciado en Educación Física

con validez en todo el territorio nacional, que faculta al interesado para disfrutar los derechos que a este Título otorgan las disposiciones vigentes

Madrid, a 21 de septiembre de 1995

El Interesado,

Por el señor Ministro:
El Secretario de Estado de Universidades e Investigación,

El Jefe de la Sección,

Aquesta fotocòpia és una reproducció gràfica, fidel i exacta que se m'ha exhibit per ser computat. Negociat d'Estudis. Barcelona, 3/7/95

Generalitat de Catalunya Departament de la Presidència Institut Nacional d'Educació Física de Catalunya

AB - 123210

Número de Registro Nacional de Títulos 1996015872



UNIVERSITAT DE BARCELONA

El rector de la Universitat de Barcelona atorga aquest

Diploma de Postgrau en Gestió d'Instal·lacions Esportives

Blai Pastor Bou

per haver superat les proves del corresponent programa de postgrau de l'Escola Universitària d'Estudis Empresarials, impartit a l'empara de l'article 118 dels Estatuts de la Universitat de Barcelona, amb un total de 15 crèdits.

Barcelona, 6 de juny de 1996

La persona interessada

Blai Pastor Bou

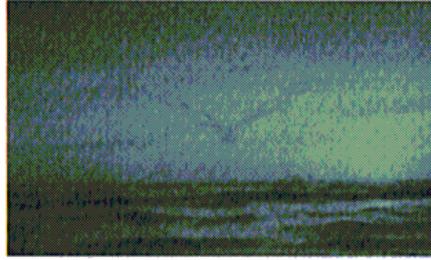
El rector

Antoni Casadeu

La directora del programa

Tural

I WORKSHOP ANTI-AGING



THIS IS TO CERTIFY THAT

Blai PASTOR

ATTENDED THE "I WORKSHOP ANTIAGING" HELD IN BARCELONA / SPAIN, JUNE 27, 2002

Dr. Javier de Benito
Course Director

INSTITUTO
DR. JAVIER DE BENITO

AAI Anti-Aging

 **WELLNESS SOLUTIONS**
Salud, Bienestar y Calidad de Vida

BLAI PASTOR BOU
Contact mobile: 699 80 47 99



- Licenciado Ciencias Actividad física y Deporte.
- Lifestyle fitness & sports coach
- Corporate fitness specialist manager.

Contact email:
blai.activelivingcoach@gmail.com