

Mark Wingo

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Objective:

Giving an Educational view to Physical Fitness, Nutrition and Wellness, in coping with HIV/AIDS, Cancer etc and Survival in the 21st Century.

Bio:

Living with HIV was just the beginning of my life's challenges. Little did I know the road ahead was going to be even more harder than I had ever had in my life, and yet now I know it is manageable and anyone can live with it with proper treatment. Coming from a broken immune system and a continual exodus to find better treatment, I indulged myself into find all information in treating my disease. At this point in my life I had a strong urgency to become stronger and healthier than ever. I started to attend seminars, conventions and classes all pertain to the HIV/AIDS Forum. As well attending I.S.S.A., to better understand the effects to Physical Fitness and Nutrition on longevity on the human lifestyle.

More recently, I endured one more challenge, Cancer (liver), resulting in a Partial Liver and tumor removal. That was two years ago, and I am now glad to say I am Cancer Free. Now new goals have been set, and needless to say I want to educate those who are dealing with multiple systematic diseases due to unknown treatment/s, dietary &/or medicinal side effects and other causes (both internal as well as external).

Experience:

Power2Endure.org (Midtown Atlanta, GA) - Personal Trainer - P.T. - Present

Areas of Expertise - Athletic, Disability, Seniors, Youth, General Conditioning & Rehab Conditioning Fitness Program/Teaching. Nutritional, Supplementation, Health Restoration in HIV/AIDS, Cancer & other diseases.

Gold's Gym (Statesboro, GA) - 2 years

Areas of Expertise - Fitness, Aerobics

David Magazine (Atlanta, GA) - 3 years

Publication Distribution to intown outlets

Barking Hound Inn (Atlanta, GA) - 5 years

Inn Keeper, Doggy Day Care, Groomer



Education:

San Francisco City College (San Francisco, CA)

Area/s of Study - Art, Music History Major

Wilfred Academy (Los Angeles, CA)

Area/s of study - Prosthesis Make-up, Theatrical Make-up

Parsons School of the Arts (Los Angeles, CA)

Area of Study - Theatrical Make-up

Penn Foster

Area/s pf Study - Nutrition, Stress Management & Clinical Wellness

I.S.S.A. C.F.T.

Area/s of Study - Fitness, Nutrition & Supplementation

American Health Association - Certified Adult CPR & Automatic Defibrillator



Social & Civic Affiliations:

Volunteer Work for/with American Cancer Society, Positive Impact /M.I.S.T.E.R, AID Atlanta, GMHC, ANGEL FOOD, BRAC CENTER, Susan G. Komen, Project Open Hand, Aids Initiative, Lymphoma & Leukemia Society, AIDS Walk ATL.

Awards & Other Noteworthy Accomplishments:

Live Well speaker, Survival in the 21st Century Public Speaker (Living With & Through HIV/Cancer), Panther L/L, Atlanta Sisters Of Perpetual Indulgence / Guard Master Mark/ fully professed black veil, Sisters Group Awards: *Georgia Voice* 2011 Icon, 2012 Atlanta Health Initiative Honoree