

Ryall Graber



BIO

She is a Fitness Industry leader. **Ryall** is currently the top ranked Fitness Athlete in the world. She is an Entrepreneur, an IFBB Professional Athlete, 8 X Fitness Champion, Professional Nutrition and Fitness Coach, Influencer, Speaker, Published Author and Fitness Model.

She holds the 2019 Ms. Fitness International title from the prestigious Arnold Sports Festival. She was selected by Arnold Schwarzenegger to be an ambassador for his global fitness crusade. She has competed in over 43 IFBB Professional Fitness Competitions; which she has graced stages on every continent over a 12 year period.

Ryall founded the globally recognized Fitness Consulting firm, RyFit International Inc; her online fitness consultancy. She has coached thousands of people from around the world and her coaching philosophy is one centered around wellness and balance; creating sustainable healthy habits through teaching, not simply instructing, while taking an individualized approach to each client. Her specialty are clients are those that have a foundation of nutrition and fitness but have come to a sticking point with their bodies and require the tools, the support and accountability to break through plateaus. She is insanelly committed to empowering others to achieve their goals, activate and own their greatness and live their best life.

One of the most powerful ways to transform is through a deep dive immersion. Ryall has created the International Destination Fitness Experience, RyALLFITNESS Getaway. She developed her fitness intensive to connect in person with people to share over a decade of her fitness, nutrition and wellness expertise. This community doesn't just foster the growth of muscles but the mind as well. Her 1-on-1 coaching immersion is designed to motivate and empower people with the knowledge to help them crush their fitness goals, chase their dreams, develop a winning mindset and achieve their best version of themselves.



BEGINNING

Ryall's story begins in a small town in Alberta, Canada - a town with a population of just 2,450 people. She had a happy childhood and was raised by both of her parents and has one younger sister. Her parents raised her with strong values of integrity, discipline and commitment.

MIDDLE

Ryall studied Science and Dental Hygiene in University. In 2006 she followed her dreams to live in a warm climate and moved overseas to Bermuda. She was offered a full-time Dental hygiene position and this is where she competed in her first fitness competition; she was very excited to embark on a personal quest to get in the best shape of her life. After 9 months of training she achieved her professional athlete status in her first year of competing. What started as a personal project turned into a lifelong passion, driven by accomplishing things she never thought her body would be able to do.

After this achievement she studied to become certified in Sports Nutrition and Personal Training. She took the plunge to pursue her dream of doing what she loved and left her stable 9-5 Dental Hygiene career to start her own business in the Fitness and Health Industry.

In 2010 she moved to Barbados and founded her company RyFit International Inc. Within 6 months she had a base of over 100 online coaching clients and became aware of her gift - helping people transform their lives. During this time she continued to compete as a professional IFBB Fitness athlete globally, traveled to Texas every 4 months to train with the 8X Fitness Olympia Champion Adela Garcia and to Washington to train with hand balancing expert Steve Atlas, she worked for the industries top powerhouse brands and traveled fit to over 65 countries.

NOW

Ryall now calls Cancun, Mexico home. She is preparing for the 2019 Fitness Olympia in Las Vegas this September; her final and greatest competition of her 12 year athletic career. She will be retiring from professional athletics after the 2019 Fitness Olympia this September where she hopes to beat her runner-up position from last year and achieve the title.

She plans to continue growing her business in her quest to help one billion people live their healthier lives. Her Online Coaching services and her global Fitness Getaway continue to transform lives. The RyFit Squad, her online team, now consists of an exclusive 15 people globally. Her clients are those that have a foundation of nutrition and fitness but have reached a sticking point with their bodies and require the specific nutrition and training tools, her personal unlimited support and her accountability to break through plateaus. She provides customized and intensive private coaching to her hand-selected team.

Throughout grade school Ryall excelled in sports as well as achieving scholastic awards for top grades. She was a competitive gymnast and enjoyed down-hill skiing, volleyball and soccer. She was a scrawny kid growing up and always dreamed of being strong, fit and living in a tropical paradise.

dollar she made went back into her personal development and her business. She did extensive volunteer work in the healthcare field in India, South East Asia, East Africa and in Barbados. She was featured in various fitness publications, including Oxygen Magazine, and television features including E-News and M3 Canada. She was relentless in her pursuit of her dreams, designing a life she loved and inspiring others along her journey.

During this time she also developed an unhealthy relationship with food; as many competitors do in her sport. She struggled to find a balance and had large fluctuations in her weight and her confidence. She had worked with several top coaches in the industry but had decided to start to coach herself to help overcome this. In 2013, after experiencing several injuries over the years, health setbacks, personal challenges and last place finishes her athletic career launched when she won her first Fitness competition at the 2013 Arnold Classic South America. She competed in her first Fitness Olympia later that year. That "win" was a defining moment in her life, and she never looked back. She had started to discover that 'balance' and creating healthy, daily habits with her nutrition (never over restricting) and training was possible and was finally able to maintain a healthy mindset towards food and a healthy body fat post-competition. This entire experience created an obsession with empowering others to live healthier lives through her own fitness journey. If she could do it, anyone could do it.

Her Fitness Retreat has been providing full immersion for powerful and accelerated transformation. Watch for her destination fitness program, RyALLFITNESS Getaway to expand to 8 countries by the end of 2020.

She will be launching her e-book series in 2020 that includes training and nutrition guides as well as a recipe book featuring over 100 of her own recipes. She has future plans to create a non-profit organization in Mexico to provide nutritional support to children in need.

In 2020 she will be 100% focused on working to becoming one of the top female entrepreneurs in the fitness industry. She wants her legacy to be one of sharing, empowering, contribution, creativity, and love; she wants to create SHIFTS that mattered. She hopes her story of a small town 'peanut to power-house' kid, overcoming adversity can inspire others to chase their dreams with everything inside of them, achieve their own personal greatnesses and live their best lives.

STORY





PHOTO BY DAN RAY



FUN FACTS ABOUT ME:

- I'm on a mission to empower ONE BILLION people to live healthier lives.
- I have a slightly unhealthy obsession with my hair and nails. I never like to be unmanicured!
- I have a small diamond in my right eye tooth. It adds to my human sparkle factor
- I don't do snow or cold weather hence leaving Canada in 2006 and moving to the tropics. Design a LIFE YOU LOVE!
- I consider myself a Renaissance Human: I don't box myself into one thing - I'm always learning and growing! I love to listen to music, take photos and videos, meet new people, learn anything new related to fitness or nutrition, create new delicious and nutritious recipes, go to the beach, spend time with those I love, travel the globe (on my 4th passport and 66th country!), and get myself into crazy adventures that movies should be made about!
- Guilty Pleasures: Warm cookies & ice cream, Burgers, Oreos, Nut Butters, Sneakers, Self improvement books and Amazing Spas!

Biggest Obstacles I Have Overcome

- Overcoming adversity and failure to becoming a champion
- Building a 6 Figure Business from a career that is my passion
- Time Management: Balancing personal life with business ownership

Speaking Topics

- Living your Best Life
- How to your Achieve your Fitness Goals
- How to get the Ultimate Summer Tummy
- How to Build your Best Booty
- Traveling Fit: How to stay in the game while Traveling
- 5 Tips to Achieving a Fit, Lean Body
- Shop and Prep like a PRO: How to Win at Meal Management
- Overcoming Adversity in Order to Dominate in Life
- Generating Consistency in Your Daily Routine

List of Accomplishments:

I hold the 2019 Arnold Ms. Fitness International title.

I am an 8 X IFBB Fitness Champion

I've transformed the lives of over 1000 people in the past decade.

PUBLICATIONS:

- **MUSCLE & FITNESS MAGAZINE 2018**
- **IRON MAN MAGAZINE 2017**
- **FLEX MAGAZINE 2016**
- **BEYOND FITNESS MAGAZINE 2013**
- **MACO PEOPLE MAGAZINE 2013**
- **OXYGEN MAGAZINE 2012**
- **BETTER HEALTH MAGAZINE 2012**

PAST PODCAST / TV INTERVIEWS



M3 FEATURE



E! NEWS



E! CHANNEL NUTRITION FEATURE



CONTRIBUTING AUTHOR TO BOOK
REAL TALK REAL WOMEN