

About Florian

Florian's life is dominated by sports. His passion is to motivate others to exercise and lead an active life.

He has been active in sports since early childhood, in judo, triathlon and volleyball. Following this passion, he decided to let this enthusiasm flow into his professional life by supporting people to live more active lives.

His practical experience was supplemented with a university degree in sport science during which he focused on rehabilitation and prevention. These two orientations also shape his professional life - he works in rehabilitation with patients after accidents or muscle injuries and is actively involved in prevention in order to strengthen the mobility, balance and endurance of his training partners. This with very varied exercises and mostly with very few sports equipment.

A further aspect of prevention is his involvement with a sports club as their managing director. In this role he has not only the responsibility for managing the entire club, but directs his ambition on the education of the youngest in leading active instead of digitally focused lives.

He is a passionate runner, mountain biker and volleyballer and regularly takes a group of people out on sportive events.

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