



MARTINUS EVANS, M.S.
OVERCOMER | SPEAKER | EDUCATOR | MENTOR



Educator, entrepreneur, fitness expert, motivational speaker, social media influencer, and goal crusher are just a few titles of distinction used to describe Martinus Evans, better known as the founder and blogger behind *300 Pounds and Running.com*

Martinus's thought provoking presentations captivate audiences as he shares his own life's struggles. The principles, insights and strategies he used to overcome those barriers inspires audiences world wide. Born and raised on the eastside of Detroit, Michigan; Martinus is no stranger to the ills that plagues our urban communities. Living next to a crack house for most of his life, Martinus witnessed shootouts, drug deals, and murders from his bedroom window. Martinus decided to overcome the personal tragedy of the death of his brother and break the cycle by going to college on a football scholarship.

After playing a year of collegiate football, Martinus found the chips stacked against him when changes in the coaching staff resulted in him losing his athletic scholarship. However, due to his hard work in the classroom and on the field, Martinus received an academic scholarship to attend Central Michigan University. At CMU, he earned his B.S. in Health Fitness. After completing his Bachelors, Martinus felt compelled to work with youth and began his career as a correctional officer in a maximum-security juvenile detention center. Martinus served as a mentor to 11 young men and taught them the importance of education and that their current situation did not define their self-worth or their future.

Martinus worked at the detention center for two years and then decided it was time he practiced what he preached. So, he moved to Connecticut to pursue his masters at UConn. During his tenure at UConn, Martinus received a wake up call. He weighed nearly 400lbs., and his doctor told him if he doesn't start walking and lose weight, he would die. Martinus took his life frustrations, decades of mockery, including his death sentence and said, "Screw walking. I'll run a marathon." Out of this life changing event was born *300 Pounds and Running.com*. The blog site that documents his journey of overcoming barriers to lose weight, becoming fit and preparing to run a marathon. Today the site touts over 10,000 views a month.

Now a marathoner and nearly 100lbs. lighter, Martinus is internationally known as a motivator, empowering those who struggle with weight to get off the couch and Run Obesity™. You can catch Martinus' journey, advice, and quotes in countless media outlets such as The Detroit Free Press, The Winnipeg Free Press, and Shape Magazine.

Martinus holds a M.S. in Health Promotion and is a first generation college graduate. Martinus's fusion of real-life stories and his conversational techniques connect with his audiences at intimate, intense and individual levels. Whether it is an inner city youth, a student in college or a person who is struggling with their weight, Martinus relates to a diverse populations and conveys his message powerfully.

POWERFUL PRESENTATIONS

Life is a marathon: The Winning Principles for Overcoming Adversity and Achieving Success

Life is and will always be as enduring as a marathon. In this high-energy and mind blowing talk, Martinus uses running a marathon as a metaphor that provides winning principles for overcoming obstacles and achieving personal and professional success. Martinus moves, inspires, and motivates audiences by sharing his dynamic and inspirational story of overcoming obstacles such as growing up in the drug infested inner-city streets of Detroit, failing out of college, and weighing nearly 400lbs., to becoming the first male in his family to receive a graduate degree, losing nearly 100 lbs. and finishing a marathon. Audience members will leave your event with the winning principles Martinus used to rise above the adversities he faced in his life, while learning how to apply them individually to achieve greater success in their lives.

Martinus works with meeting planners to tailor the talk for the audience he is speaking to and ensures it is relevant to their obstacles, challenges, needs, and objectives. This talk is ideal for opening and closing keynotes, encouraging and energizing employees, and for groups looking to provide a spark for their members.

Martinus' Winning Principles

1. Visualize Yourself Victorious
2. Take Action
3. Never give up



POWERFUL PRESENTATIONS

School is a Marathon “Your Educational Marathon”

School is like a marathon. For we all need to have the vision, desire, resilience, focus, and toughness, to finish the educational race of life. In this high-energy thought-provoking talk, Martinus uses his award winning experience in running multiple marathons as a metaphor that provides his winning principles for overcoming obstacles to achieving personal and academic success. Martinus inspires, encourages, and motivates audiences by sharing his powerful and inspirational story of how he survived the pitfalls of a 1.4 GPA to becoming the first male in his family to receive a graduate degree. Audience members will leave your event with the “Marathon Mindset,” Martinus used to rise above the adversities he faced, in route to achieving great academic success. Topics include goal setting, time management, developing successful routines and habits, and being mindful of the company you keep.

Martinus’ Winning Principles

1. **Visualize Victory**- “Your beliefs become your thoughts, your thoughts become your words, Your words become your actions, Your actions become your habits, Your habits become your values, Your values become your destiny.”
2. **Develop a successful routine**- “Successful routines breeds successful habits, successful habits breeds successful people)
3. **Find a new (running) crew** - “You are the average of the 5 people you hang out with the most. If want to be (academically) successful, hang out with (academically) successful people.”





“Martinus is *unique*, but he’s an everyman. He has an *inspirational* story, but makes it accessible. He can impact an audience, but has a light touch. He *motivates*, but isn’t like any motivational speaker you’ve heard. Simply put, you have to hear him.”

-Dr. Gary Bennett, Duke Digital Health

“He *motivates* and *inspires!*”

-John Keizer, DTM

“When I heard Martinus speak, he talked about focusing on the reason you want to lose weight. I really took this to *heart*, and have applied this to my life. Martinus really understands the *daily struggle* of trying to change your lifestyle.”

-Celestia Corvinus

MEDIA RECOGNITION



Detroit Free Press

Winnipeg Free Press

Connecticut
8Style **SHAPE**

NEWS
8 abc
wtnh.com
Hartford | New Haven | New Britain
WHO'S GOT
Your Back?



SportzEdge.com

CONTACT

Martinus Evans

316 Main Street, Suite 165

Sturbridge, MA 01566

313-910-4682

 Martinus@300PoundsAndRunning.com

 [Martinus Evans](#)

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