



AN ATHLETE IN THE FACE OF ADVERSITY

Naomi Ban is an accomplished athlete, a seasoned kinesiologist, and a true entrepreneur. In 2013, she was diagnosed with ankylosing spondylitis (AS), a degenerative, inflammatory auto-immune disease that can take a great toll on a person's quality of life.

This diagnosis destroyed her dream of someday joining the national taekwondo team. Suddenly, everything she had worked for her whole life was brought into question. It was then that Naomi picked herself up and found a new mission: with her knowledge of physical conditioning and arthritis, she began to direct her energy towards developing new training programs to help other people with arthritis facing the same struggles – chronic pain, restriction of movement and difficulty coping.

Today, Naomi has resumed her taekwondo practice. She is living proof that a combination of medicine and exercise can be very effective in fighting pain and slowing the degeneration linked to AS.

