



TeamKattouf was born from the passion Dr. Rick Kattouf had for health, fitness, nutrition, and sport. From a power and strength background, Rick turned himself into a top ranked multisport athlete. Rick's knowledge in medicine, physiology, anatomy, and his ability to listen have made his coaching a huge success. For Dr. Kattouf and TeamKattouf, it is about assisting individuals to achieve optimal health and fitness and to find the 'champion' within.

TeamKattouf is a very innovative coaching business that fosters a high level of communication with its clients. They build relationships, and like any relationship, communication is the key to success. TeamKattouf has coached clients throughout the U.S., Canada and the U.K. Dr. Kattouf has also consulted with individuals in India, Portugal, Ireland, and Venezuela.

TeamKattouf is a lifestyle and for many, it is their launch pad for success in life, fitness, and sport. So, whether you are looking to lose weight/body fat, run your first 5k, finish an Iron distance triathlon in 8 hours, or somewhere in between, let TeamKattouf assist you in bridging the gap between where you are and where you want to be.

You Can Be Just Like Amy

Amy Perman Javens is a mother of three, school teacher, a top performing age group triathlete and a TeamKattouf athlete since 2008. Amy not only makes time to be involved in all three of her girls activities, she makes time to be a good role model for them. At races, her girls are passionate about their mom racing and she is just as passionate about them being active and engaged in sports. For Amy, coaching with TeamKattouf has kept her passions for triathlon and running alive while balancing her family commitments. TeamKattouf understand that for athletes like Amy, less can be just as effective. Coaching is more than a plan on paper, it is a communicative process that is dynamic.

