



ROMY ANTOINE

MILLENNIAL ENGAGEMENT EXPERT
CORPORATE WELLNESS SPECIALIST
PERSONAL TRAINER & NUTRITIONIST

Romy Antoine, CEO of RippedNFit and One Stop Wellness is a millennial engagement expert whose work has been covered by Men's Health, Black Enterprise, and many others. He is also a sought-after fitness coach, bodybuilder, nutritionist, and health coach who has worked with clients all over the world to help them achieve goals they never dreamed of.



Romy Antoine, CEO of One Stop Wellness



Romy's passion to empower through events, online, and social media has earned him brand ambassador roles and campaigns with major fitness brands like EAS, Withings, and Reebok. He is also a Fitfluent ambassador, along-side some of the most influential fitness personalities.



SOCIAL INFLUENCE



@RIPPEDNFIT 10,044



@RIPPEDNFIT 12,502
@ROMYDIDIT 3033



@RIPPEDNFIT 32,730



1200+



Through his practice, he learned that many of his clients struggled with work-life balance. He became a certified corporate wellness specialist and founded One Stop Wellness to fulfill the unmet needs in the workplace. He now teaches organizations how to promote well-being and motivate their employees to live healthier lives through workshops, storytelling, and fun events.

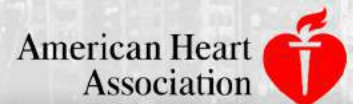


HE BRIDGES THE COMMUNICATION GAP....



He bridges the communication gap between organizations and their millennial employees so they can better engage, motivate, and retain their top talent.

Romy has been honored to participate on panels and speak at conferences on behalf of esteemed organizations including:



For more info email:
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