



AHEAD OF THE GAME

FOUNDATION

DAVE BOLTON'S STORY

CURRENTLY IN TOP 2% OF WORLD SURVIVORS FOR A STAGE 4 GLIOBLASTOMA



DAVE SUFFERED A 15 MINUTE NOCTURNAL SEIZURE AT HOME IN 2014, HE STOPPED BREATHING, DISLOCATED HIS RIGHT SHOULDER AND BIT THROUGH HIS TONGUE. IT WAS CONFIRMED THAT DAVE HAD A TENNIS BALL SEIZED TUMOUR LOCATED IN HIS FRONTAL LOBE OF HIS BRAIN. HE WAS DIAGNOSED WITH A BRAIN TUMOR (ASTROCYTOMA DIFFUSE II) WITH A LIFE PROGNOSIS OF 5 YEARS. DAVE CARRIED OUT HIS STRENGTH AND CONDITIONING QUALIFICATIONS AND WAS WORKING WITH PROFESSIONAL SPORTS TEAMS, ATHLETES AND THE GENERAL PUBLIC. IN 2015 AT A ROUTINE SCAN, ANOTHER BRAIN TUMOUR WAS FOUND, LOCATED IN THE CENTRAL HEMISPHERE OF THE BRAIN. THE TUMOUR WAS A GLIOBLASTOMA MULTIFORME IV, THE BIGGEST KILLER OF THE UNDER 40'S IN THE WORLD AND HIS LIFE PROGNOSIS WAS 3 MONTHS. DAVE REFUSED TO LET CANCER TAKE CONTROL OF HIS LIFE AND STARTED HIS OWN HEALTH & WELLBEING REHABILITATION. DAVE REQUALIFIED AS A CANCER PRE/REHABILITATION SPECIALIST COACH. ALONGSIDE EXTENSIVE RESEARCH INTO ADDITIONAL THERAPIES, EXERCISE, NUTRITION, SUPPLEMENTS, HE HAS BEEN ABLE TO LAUNCH A FOUNDATION TO HELP WITH THE REHABILITATION OF THOSE WHO ARE STRUGGLING WITH ANY CANCER DIAGNOSIS.

CLIENT TESTIMONIAL

"Whilst the Surgeon and Oncologist saved my life, I truly believe that Dave saved my mental and physical well being. When I was first introduced to Dave via a mutual friend I was broken and desperate. A diagnosis of breast cancer had sent me into an emotional free-fall. Through Dave's weekly sessions I not only became stronger mentally with his ongoing mantra of positivity and optimism. He also rehabilitated me post two significant surgeries and steadily increased my exercise regime making me ironically fitter than I've ever been, despite being in chemotherapy for the full training plan. My family and I are eternally grateful for his support and he has enabled me to face into one of the most scariest moments of my life." - *Dr Helen Newby-Ricci*

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