

# MARK ARNALL BIOGRAPHY

Mark Arnall is a world renowned health and fitness professional with 26 years of experience in Formula 1. Mark was a long-time Personal Trainer and Sports Therapist to F1 driver Kimi Räikkönen (2002 to 2022) and prior to that worked with Mika Häkkinen and David Coulthard. Mark is currently working with Sebastian Vettel.

Mark has been responsible in creating training, recovery, nutritional and travel plans (jetlag management and immune system support) to ensure that the driver is in optimum condition at every race. This is easier said than done when the race calendar requires 240 travel days per year across all time zones. But the results speak for themselves; Mark has won 3 World Championships and 215 podiums with his drivers.

During his long career in F1, Mark has worked with Ferrari, McLaren, Lotus, Alfa Romeo and Aston Martin. He has - in addition to looking after his drivers - set up programs looking after team personnel advising on everything from training to nutrition, injury prevention, jet lag, immune boosting and optimising performance on every level.

Mark has also worked with athletes in the British Athletics team, British Fencing team, members of the England Rugby team as well as well known artists and top executives seeking health and fitness advice.

*Mama's Darling*