



Deon Charles Johnson, a prominent fitness personality and lifestyle coach, has dedicated his career to motivating individuals to achieve their health and fitness goals. His unwavering passion for guiding people toward thriving health, combined with impeccable reputation, positions him as a respected health and fitness resource in Houston TX.

A sought-after speaker and presenter, Deon has graced local radio and television shows alike. He was the trusted fitness expert on KIAH-Channel 39's "Outlook Houston." He also hosted his own talk show on local cable network Houston Media Source, where topics included "Healthy Cooking at Home" and "Tracking Your Weight Loss." Deon has also been ranked as one of Houston's top fitness professionals in numerous publications on several occasions. "Helping someone lose weight is not easy," Deon affirms. "Changing the way they move, live, and view themselves is difficult, but that's my goal."

Deon's professional journey began in the mid-90s at a Houston commercial gym. Starting as a personal trainer, he rapidly advanced to the role of Personal Trainer Manager, making a district-wide impact and elevating multiple locations within an international industry giant. After his commercial gym success a new quest beckoned with a dream realized- working on his terms, in a gym with more a private, intimate setting. Deon embraced a gym that championed independent trainers, fostering personal connections with clients. In this phase, his commitment led him in guiding Houston's elite and powerful as well as everyday residents on their health journeys.

In 2008, The ONE Fitness emerged, reflecting Deon's philosophy. As its founder, he empowers clients mentally, physically, and spiritually, emphasizing education as integral to holistic well-being. The ONE teaches clients that weight loss is more about knowledge than will power. The ONE is about teaching a lifestyle, and by creating his vision, Deon changes the lives of those who trust him to work alongside them to make that happen. Deon's ambition led to Renegade Media- a full scale production company promoting healthy living. He is the Executive Producer and host HOUSTON FiT, a reality show that crowns Houston's top trainer while showcasing the city's global stature as the most diverse city in America. Join us for season ONE on tubitv.com NOW.

Expanding his influence, Deon ventured into the culinary territory with his third company, FuelHTX in 2018. Simplifying healthy eating for people with busy lives. The company delivered flavorful, healthy, prepared meals- where all ingredients are birthed on local farms. All meals can not only be sourced, but they delivered at no cost to the client.

Deon encapsulates his mission: "Life inevitably causes stress, and stress leads to health issues, my goal is to keep my clients focused so they can handle anything life throws their way. I will always be a catalyst providing opportunities to help other understand the true value of health and fitness. I am the vehicle and the driving force to lead them to the change they covet."

He stands on the forefront of fresh era in health and fitness. Through his unyielding dedication, Deon Charles Johnson remains as an resolute force in the fitness industry, empowering individuals toward healthier, more active, and fulfilling lives.