



Jerry Colker - Creator of



Jerry's journey through the world of fitness & wellness has taken many turns. He began as a competitive gymnast at Harvard University, then studied dance intensely before performing in Broadway shows for Bob Fosse, Michael Bennett and Jerome Robbins. Moving back to his native Los Angeles, Jerry studied Kung Fu and Tai Chi with Master James Wing Woo and earned his black belt in Tae Kwon Do under Jun Chong. He then coached and trained Premier Division youth soccer athletes from gang-infested barrios all over Los Angeles. After suffering a debilitating herniated disc, Jerry rehabilitated in two phases. Phase one, he studied yoga until he was able to teach it a high level. Phase two, he incorporated everything he had learned as a gymnast, martial artist, dancer, athletic trainer, and voraciously studied the latest forms of performance enhancement combining kettlebells, full range resistance, balance and agility training and created YODO™ a system that brings together the best of the east and west, the most effective techniques of the past with the latest scientific studies. Adding to the equation proven eating plan strategies and QRA™ Quantum Reflex Analysis, a system that assesses nutritional deficiencies and offers the purest most health-enhancing supplements on the planet, Jerry has helped men, women, teens and children of all backgrounds and fitness levels to transform their bodies, engage their minds and boost their spirits to achieve optimal health for life!



