



Nkosinathi Mazibuko

Founder & Publisher | Fit Footballer
Football Life Coach | Business & Life Strategist

About Me

Nkosinathi is an acclaimed master-builder of people and organization's, a great source of inspiration, an excellent coach, trainer and leader. Known for his foresight in football and life coaching among high-profile individuals who find themselves in a place of personal recovery and discovery, he has been labeled as the #1 Football Life Coach.

Expert Areas

Football

- ▶ Providing holistic mentorship to professional footballers.

Faith

- ▶ Incorporating faith-based principles to empower individuals.

Leadership

- ▶ Cultivating strong leadership skills for growth and excellence.

Entrepreneurship

- ▶ Supporting aspiring entrepreneurs with strategic planning and insights.

Fit Footballer® Magazine

Fit Footballer™ is a premier football fitness publication offering:

- ▶ Expert advice on fitness, nutrition, and high-performance.
- ▶ Technical and personal development for footballers.
- ▶ Monthly Double Page Poster with workouts from football stars.

Featured In



Helman Mkhalele, assistant coach of Bafana Bafana, recommends Nkosinathi Mazibuko, a life coach and exercise scientist. Since 2020, Nkosinathi has improved the fitness of the Under 20 national team, preventing injuries during the COSAFA tournament after an 18-month break. He also provided life coaching that enhanced players' confidence and helped them secure contracts with PSL clubs. Helman praises Nkosinathi's professionalism and positive influence on his life.

Benson Mhlongo, former captain of multiple South African football clubs and the national team, expresses deep gratitude to Nkosinathi Mazibuko for helping him return to professional football after a severe injury in 2009. Despite being told he may never play again, Nkosinathi, an exercise scientist, offered his services. Through their work together, Benson progressed from limping to running and rejoined Orlando Pirates in 2011, eventually winning several trophies. Benson credits Nkosinathi for his recovery and urges him to continue supporting other athletes.

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