



Utah Legislature



OFFICIAL CITATION RECOGNIZING

Ron Williams

The Utah Legislature recognizes Ron Williams for his exceptional achievements in athletics and his longstanding commitment to improving the physical, mental, and spiritual well-being of Utahns. As one of the most accomplished natural bodybuilders in the world, Ron Williams has earned the title of Natural Bodybuilder of the Decade and has won 21 World Championships.

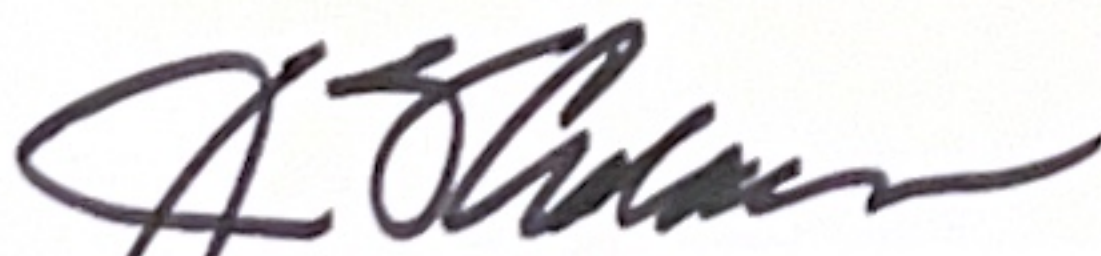
In addition to his athletic accomplishments, Ron Williams has devoted his career to promoting health, resilience, and personal accountability. Through education, mentorship, and faith-based principles, he has helped individuals overcome personal challenges and build healthier, more purposeful lives.

Ron Williams has studied exercise physiology and nutrition and has developed a comprehensive approach to wellness that integrates physical health with emotional and spiritual development. This approach has informed his work as a university professor, pastor, author, and international speaker, and has shaped his efforts to promote sustainable health and positive lifestyle change.

Ron Williams is the co-founder of Hope of Utah, an organization dedicated to strengthening individuals and families across the state through programs focused on healing, recovery, and personal growth. Through Hope of Utah and the RW Champion Foundation, he has helped Utahns address emotional and physical challenges, supported faith-based community initiatives, and expanded access to resources that promote long-term health, stability, and hope.

Through decades of service, Ron Williams has positively impacted countless lives by encouraging discipline, accountability, and perseverance. His work has strengthened communities, inspired individuals to pursue meaningful change, and contributed to a more resilient Utah.

Now, therefore, be it known on this 22nd day of January 2026, the Utah Legislature recognizes Ron Williams for his world-class athletic achievements, his dedication to health and wellness education, and his commitment to serving the people of Utah.



President J. Stuart Adams



Speaker Mike Schultz



Senator Heidi Balderree



Representative Cal Roberts