

THELMA AGYEKUM

Freeform's "Royal Rules of Ohio"

Born in Los Angeles, California, Thelma Agyekum is an accomplished woman. She graduated from Ohio University with a bachelor's in specialized studies, focusing on pre-physical therapy, and a certificate in women's gender and sexuality studies. Agyekum was involved in many endeavors on campus, all while running on the track-and-field team with a full-ride scholarship. She qualified for the Mid-American Conference (MAC), both indoor and outdoor, which is a testament to her hard work and dedication. Aside from being an athlete, Agyekum was a student leader. She was the founder and president of the African Student Association, Undergraduate Chapter.

After graduation, Agyekum transferred her skills to her businesses. With over a decade of experience in the fitness industry, she created Tely Fitness LLC to help individuals reach their personal physical goals. In 2024, Agyekum founded We Run This, a groundbreaking organization empowering women through fitness. This organization encourages women of all ages and backgrounds to network and exercise while inspiring them to embrace an active and healthy lifestyle. Through We Run This, Agyekum encourages women to discover their inner strength, increase self-confidence and gain personal growth.

Also a licensed realtor in Ohio who helps her family with investment properties, Agyekum enjoys drawing, weightlifting, cooking, journaling and hanging out with friends.

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