

FALYN FONOIMOANA

Pro AVP Beach Volleyball Athlete · Founder, Mana Wellness & Mana Management

MEDIA INQUIRIES
 Mgmtforfalyng@gmail.com
 falynfonoimoana.com
 @falynfonoimoana

SHORT BIO (approved — use as written)

Falyn Fonoimoana is a professional AVP beach volleyball athlete with a 14-year pro career, a health and wellness advocate, and the founder of two companies — Mana Wellness and Mana Management. A single mother and second-generation volleyball talent, she has become one of the most visible voices on athlete pay and the economics of professional women's sport, reaching over 1.8 million people a month across her platforms.

LONG BIO

Falyn Fonoimoana has spent 14 years competing at the professional level in beach volleyball, including on the AVP Tour. She comes from one of the sport's most recognizable families and played collegiately at USC before turning pro.

Off the sand, she has built two businesses. Mana Wellness is a wellness brand offering custom protocols, small-batch herbal teas, and one-on-one consultations. Mana Management is a creator management company that helps athletes and creators build, price, and protect their own brands — work informed directly by her own experience being underpaid in her sport.

Falyn has spoken publicly and been featured in national press about the gap between elite athletic performance and athlete compensation, and about the choices women athletes make to fund their own careers. She lives in Los Angeles with her son.

FAST FACTS

Name	Pronunciation
Falyn Fonoimoana	FAY-lin foh-noy-moh-AH-nah
Based in	Sport
Los Angeles, California	Beach volleyball (AVP), 14 yrs pro
Alma mater	Companies
University of Southern California	Mana Wellness · Mana Management
Handle	Website
@falynfonoimoana (IG + TikTok)	falynfonoimoana.com

SELECTED PRESS

Front Office Sports	Athlete pay & sport economics
Yahoo Sports	Syndicated feature
LA Weekly	Athlete profile
AVP	In her own words
Athletes Unlimited	Return to indoor volleyball
Wikipedia	Career & family legacy

Full links available at falynfonoimoana.com under “As Seen In.”

REACH & AUDIENCE (Instagram, trailing 30 days)

149K	1.8M	142K	114K	50.9%	71.6K
FOLLOWERS	VIEWS / 30 DAYS	UNIQUE VIEWERS	INTERACTIONS	NON-FOLLOWER VIEWS	TIKTOK FOLLOWERS

Audience skews 87.6% male, core ages 25–54 (83%), United States-led with Brazil, the UK and India following. Top U.S. markets: New York, Los Angeles, Chicago.

TOPICS SHE SPEAKS ON

Athlete pay equity	Economics of women's pro sport
Building a business as an athlete	Motherhood & elite athletics
Wellness, recovery & longevity	Owning your narrative online

AVAILABLE FOR

Interviews	Podcasts	Panels & keynotes
Campus & corporate events	Volleyball clinics	Brand campaigns

SELECTED BRAND PARTNERS

Tru Niagen	Eternal Water	Athletic Brewing	Hungryroot	Pit Viper	FitVine Wine	Slunks
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“Even during successful seasons, prize money often tops out between \$20,000 and \$30,000... I should have been recovering and doing all the right things to make sure my body was ready. Instead, I was working to make sure I could pay rent and pay for my kid's food.”

— Falyn Fonoimoana, Front Office Sports / Yahoo Sports, 2026