



Lex Bannister

Former Wide Receiver, Seattle Seahawks; Owner, Lex Bannister Elite Fitness

Lex Bannister reached the upper levels of the NFL, the pro-bowl, while playing with the Seattle Seahawks as a special teamer.

Raised with two younger siblings in the inner city of Cincinnati, sports were an outlet and he realized at a young age that athletics was a lifestyle, not a goal, or a job, and a way of focusing.

In high school, Lex was 1st Team All City at Receiver, 2nd Team All City at Free Safety and did work as the punter, field goal kicker, and on the kickoff team. He continued his athletic career into the college ranks, walking onto the Eastern Kentucky University football team and earning a full scholarship by his junior year.

In 2001, he was drafted by the Seattle Seahawks in the fifth round. Lex played with the Seahawks for five years, where he was named Special Teams captain for three straight seasons, and was voted to represent the NFC Special Teams in the 2003 Pro Bowl. He finished his career with the Baltimore Ravens in 2016. Recently, he was elected to the Seattle Seahawks All Decade Team.

Currently, Lex is the owner and operator of Lex Bannister Elite Fitness in Bellinham, WA where he combines his dedication to physical fitness and wellness with his desire to help people achieve improved well-being and lifestyle.