



Ben Brown

Ben Brown is the owner of Body Systems, a fitness and nutrition consultancy that offers a holistic approach to solving health problems and improving sports performance. It heals stressors and imbalances from the inside out with customized health plans based on individual goals and biochemistry.

Brown specializes in corrective exercise, strength and conditioning, stretch therapy, nutrition counseling, nutritional supplementation and holistic lifestyle coaching. His customized fitness and nutrition programs have helped clients achieve their goals through weight loss, improved performance, injury prevention and improved vitality.

For nearly a decade, Brown has trained and counseled individuals of all physical abilities, from youth through professional athletes. Prior to founding Body Systems, he served as a strength and conditioning coach for Chandler Gilbert Community College and for the Arizona Cardinals. In addition, Brown has maintained an active practice designing corrective, performance enhancement and rehabilitative exercise programs for clients with chronic musculoskeletal problems, weekend warriors and professional athletes. He is also a member of the adjunct faculty for Chandler Gilbert Community College.

Brown, a Scottsdale resident, earned his bachelor's degree in physical education from the University of Arizona and a master's degree in exercise and wellness from Arizona State University. In addition, he is a CHEK (Corrective High-Performance Exercise Kinesiology) Level 2 Practitioner, Certified Metabolic Typing® Advisor and Functional Medicine Practitioner (Kalish Method).

Professional Stats at a Glance:

- Master's degree in exercise and wellness from Arizona State University
- Certified Strength and Conditioning Specialist (NSCA)
- Certified Metabolic Typing® Advisor
- CHEK Practitioner Level 2
- Holistic Lifestyle Coach Level 2
- CHEK Certified Golf Biomechanic
- Active Isolated Stretch Therapy (AIS)
- TPI Certified Golf Fitness Instructor Level 2
- NMT 1 (Neuromuscular Therapy)
- Functional Medicine Practitioner (Kalish Method)

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