



BodySystemsAZ.com
(480) 295-8129

FACT SHEET

Company Overview:

Body Systems is a fitness and nutrition consultancy offering 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.

Services Overview:

Body Systems assists individuals and athletes with exercise programs, nutrition guidelines, supplement recommendations and lifestyle modifications. It can assist individuals in person or through phone and e-mail consultations. Services include:

- Nutrition and holistic lifestyle coaching
- Metabolic Typing®
- Functional diagnostic testing to treat hormonal, digestive and detoxifying body systems
- Active isolated stretching
- Corrective exercise training and consulting
- Sports performance training and consulting
- Golf specific fitness
- Family nutritional counseling
- Group nutrition seminars for schools, business and athletic teams

About the Founder:

Ben Brown founded Body Systems in 2009. He maintains a practice in designing corrective, performance enhancement and rehabilitative exercise programs for clients with chronic musculoskeletal problems, weekend warriors and professional athletes. He has a 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, Ben is a CHEK (Corrective High-Performance Exercise Kinesiology) Level 2 Practitioner, Certified Metabolic Typing® Advisor and Functional Medicine Practitioner (Kalish Method).

Locations:

The Mirabel Club
37100 N. Mirabel Club Dr.
Scottsdale, AZ 85262

Foothills Sports Medicine
5410 N. Scottsdale Rd., Suite A-100
Paradise Valley, AZ 85253

Body Systems work with clients around the country through phone and e-mail consultations.

Media Contact:

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