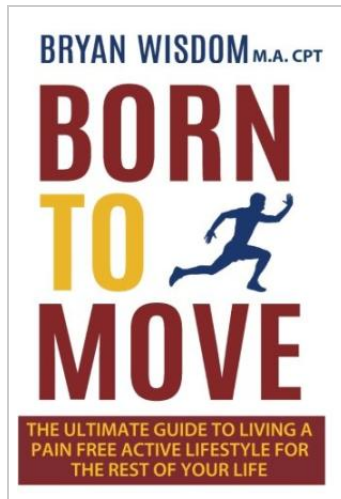




Born to Move: The Ultimate Guide to Living a Pain Free Active Lifestyle for the Rest of Your Life (Paperback)

By Bryan Wisdom

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. BRYAN WISDOM has two decades of experience in the health and fitness industry. He started training college athletes in 1996. He received his B.S. in Kinesiology from San Diego State University and his Masters in Education from Loyola Marymount University. Bryan spent nearly five years training clients in biomechanics at the Egoscue Method exercise therapy company in San Diego, California. He was certified by the NSCA and has worked with NFL, NBA, and professional golfers. He has assisted clients with postural and biomechanical issues and uses exercise to restore the body to proper function. For me training is about getting to know my clients, and finding the best way to help them attain their goals. For the last decade he has served the Mooresville community as owner/operator of Fitness Together Mooresville in North Carolina. During that time he has built a great staff- All my team members go through a very specific training system learning posture and corrective movement. It's great to see how much of an IMPACT our trainers make in our client's lives. You may see him...



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Reviews

The very best book i at any time read. It generally does not price an excessive amount of I discovered this publication from my dad and i recommended this book to understand.

-- **Joeseph Hettinger**

Complete guide! Its such a great study. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Hermann Marvin PhD**