



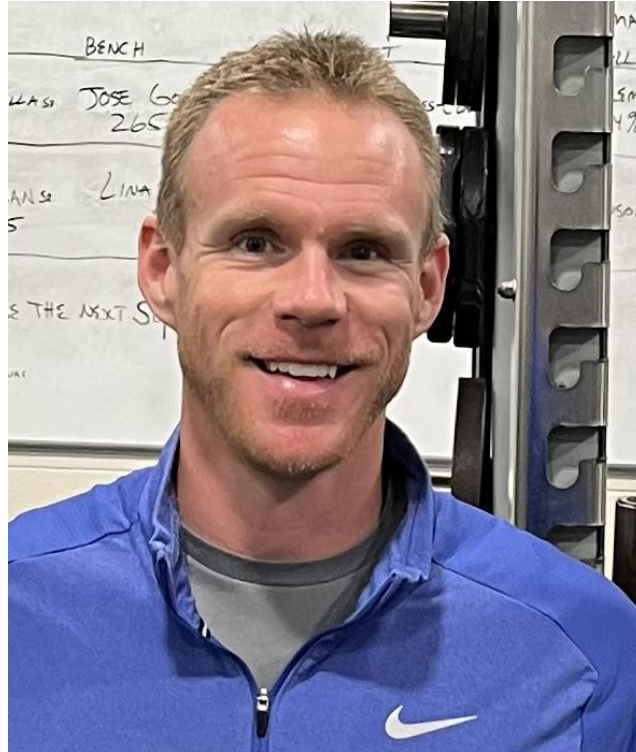
Meet Paul



- M.S. from University of Illinois, Chicago
- Certified with American College of Sports Medicine, National Strength & Conditioning Association, and National Academy of Sports Medicine
- 35 years of experience in the health and fitness business
- Expertise in biomechanics, kinesiology, nutrition, and wellness coaching
- Previous owner/operator of Rehabilitative Specialists, a private physical therapy and preventive strengthening facility in Lake Zurich
- Current owner/operator of Functional Fitness of Barrington, a private fitness training, rehabilitative strengthening, and preventive medicine studio

Professional Philosophy: To motivate, demonstrate, and educate regarding all components of health, fitness, and strengthening, especially as a foundation for preventive medicine.

Meet Ben



Ben has a bachelor's degree in kinesiology and holds a CSCS certification - Certified Strength and Conditioning Specialist - through the National Strength and Conditioning Association (NSCA). Although his specialty is working with high school and college athletes, he has a vast background in working with all types of clients ranging from individuals with cognitive or physical disabilities to the weekend warrior whose juggling family, work and other hobbies, to the golden-ager who's looking to stay active in retirement.

Regardless of the client, Ben seeks to create an individualized training experience and plan that centers on each person's unique goals, abilities and limitations while also addressing foundational pillars to fitness such as mobility, strength training and cardiovascular development.

In his free time Ben enjoys reading, traveling and going on local hikes with his wife, Katie, and dog, Roo.