



## WHO WE ARE

We are a Health & Wellness business serving Downtown Phoenix residents for over 15 years. We originally opened a small boutique gym at 7<sup>th</sup> Street & Garfield in 2009, but quickly grew to offer nutrition and fitness programs for kids, the chronically ill, the over-40 population, workers comp programs for Downtown Phoenix businesses, and online fitness & nutrition solutions.

Our brick-and-mortar location is in the Central Arts Plaza BMO Tower Building at 1850 N. Central Avenue in Phoenix. Over the years we have built a strong brand and excellent reputation with Phoenix residents, other small businesses, and our Garfield neighbors. We intend to continue our mission well into the future.

In our business, we touch a lot of people - all ages, backgrounds, races, etc. We help them change their lifestyle through fitness and wellness programs to fight diseases like obesity, type 2 diabetes, and cardiovascular disease.