



# Brandi's Innovative Health and Fitness, LLC

Be Your Best You

## What My Clients Say

Brandi's expertise and ability to assemble full body workout plans that is beneficial for all body types & abilities amazes me. It is evident she is passionate about helping others achieve all of the elements necessary to have the most functional body possible through her continued drive to educate herself and others whether it be through nutrition, complete body transformation or training for athletes. Personally, speaking after a workout with Brandi I feel energized and know my body has been properly tested to ensure all large and small muscles were properly worked as I continue to gain strength and overall wellness into my late 50's. Tracey H

Brandi has been a part of my fitness routine and health journey for many years--both directly and indirectly. Brandi's work ethic and commitment to fitness and health is very inspirational. She is constantly working on classes and programs to encourage and challenge. Just watching her commitment makes it easier to continue to pursue my own fitness goals. When working with Brandi directly, she is extremely prepared and works to customize a program that is individualized and personal for the needs of the client. Brandi is dedicated to consistently learning and perfecting her own knowledge and skills to better share with others! Karen G



**COVID-19 Precautions**  
With mobile training all precautions will be maintained via the guidelines set by the state. All equipment will be sanitized prior to use, mask at all times, and socially distanced when possible. Online options available as well.



Why am I Different?  
In my exercise,  
nutrition, and  
treatment of chronic  
inflammatory  
individualized plans,  
I am able to identify  
the "why" you are  
hitting a plateau,  
constantly getting  
injured, unable to  
achieve your goals  
and experiencing  
debilitating  
symptoms and pain.  
Break the cycle and  
see results today!

## About Brandi Ohlsen

Brandi Ohlsen revealed her passion for health, fitness, and nutrition at an early age. She competed in a wide range of sports, including gymnastics, softball, basketball, swimming, lacrosse, cross country and track. In particular she competed as a Division I athlete in track and cross country. Competing for many years, fostered her career interest in how the body functions, and how to improve performance, how to reduce inflammation/pain through proper nutrition and exercise programs. When she was only 18, she earned her first certification as a certified personal trainer. This was the first of many certifications as well as Bachelors of Science in both Health Education and Sports Medicine and a Master's degree in Exercise and Sport Science. She continues pursuing this passion through continuing education and certifications today - the most recent ACE Orthopedic Specialist and Functional Health Systems. With over 25 years as a trainer, coach, nutritionist, Brandi has extensive experience helping a wide range of clientele from high-risk individuals, rehab, sport teams, youth, general fitness to professional athletes. Today, her passion for health and fitness shines brightest when her client's achieve their true potential by bringing out their inner athlete, building their confidence, and reaching optimal health and vitality through holistic means.

For a Description of Services,  
Pricing, and Schedule contact  
Brandi Ohlsen at  
[brandiohlsen@gmail.com](mailto:brandiohlsen@gmail.com) or  
425-753-5169

Check out more on her website:  
[brandisinnovativehealthandfitness.com](http://brandisinnovativehealthandfitness.com)



## List of Services Provided

Mobile or Online Corrective, Sport and  
General Fitness Programming  
Functional Movement Screen, Postural  
Analysis and Fascial Line Assessment  
10-Week Treatment of Chronic  
Inflammatory Conditions  
Trigger Point / Self Myofascial  
Nutrition Services  
Adult and Youth Sport Training  
Fitness Retreats  
Online Fitness Classes and Videos  
Monthly Online Workshops

