

# COMEGNA

FITNESS & NUTRITION

**ALWAYS  
TRAINING  
HARDER  
THEN  
THE LAST  
TIME**

BY BRANDON COMEGNA, PTS, CNP

# GETTING TO KNOW BRANDON

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BRANDON IS A HUGE ADVOCATE OF SELF-HEALING THROUGH PROPER MOVEMENT PATTERNS. WHEN A PERSON REPEATS DYSFUNCTIONAL PATTERNS OVER AND OVER AGAIN, THEIR BODIES GET USED TO STAYING WITHIN THE DYSFUNCTION RATHER THAN CHANGING.

WITHIN TIME, A PERSON'S BODY WOULD MEMORIZE THESE PATTERNS, TIGHTENING MUSCLES THROUGHOUT THE BODY, UNTIL THAT BAD POSTURE WAS SET AS A NEW NEURO-MUSCULAR PATTERN. POOR NEURO-MUSCULAR PATTERNS INCREASE THE CHANCE FOR INJURY ANYTIME YOU MOVE BECAUSE THEY CONSTRICT YOUR NATURAL MOVEMENT.

BRANDON BELIEVES THAT NO MATTER WHAT AGE OR STATE OF HEALTH YOU ARE IN, THERE IS ALWAYS ROOM FOR IMPROVEMENT.

BRANDON WILL HELP YOU GET ON PROPER TRACK, REGARDLESS OF YOUR LEVEL AND WILL ASSIST IN ACHIEVING PROPER MOVEMENT AND MUSCLE ENGAGEMENT, AS WELL AS HELPING TO AVOID INJURY.





# ABOUT BRANDON

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Brandon Comegna is a graduate from the Institute of Holistic Nutrition and has earned his diploma and is practicing as a Certified Nutrition Practitioner (CNP), and a Personal Training Specialist (PTS). Brandon has in depth knowledge of the human body, with a focus on sports nutrition and stress management. He has associates in the chiropractic field, fascial stretch therapy, physical therapy, and personal training specialist field to work collectively to achieve total client body wellness.

He is devoted to teaching whole food nutrition and is continually striving towards achieving optimal health and encouraging others to do the same. His approach teaches how to commit to supplying your body with only the highest quality exercises, holistic nutrition, and healthy lifestyle habits to receive the benefits of increased energy, achieving your goals, and finding balance in all aspects of your life.

After being raised on the standard North American diet, Brandon began to see negative effects on his body at a young age. After learning and applying the practices of Holistic Nutrition in daily life he was amazed by the dramatic transformation in energy levels and overall health.

Brandon is learning how to attack the roots of problems such as kyphosis, lordosis, longitudinal compressions, and dysfunctional rotations, along with many other dysfunctions that lead to people having pain and performing poorly with their functional movement.

**If interested, you can contact Brandon by his schedule [Calendly](#) [link](#) or by a direct message on [Facebook](#).**

## THE 5 TYPES OF FITNESS TRAINING YOU NEED IN YOUR ROUTINE:

- **STRENGTH TRAINING. BUILDING MUSCLE MATTERS.**
- **AEROBIC TRAINING.**
- **BALANCE AND STABILITY TRAINING.**
- **COORDINATION AND AGILITY TRAINING.**
- **FLEXIBILITY AND MOBILITY TRAINING.**

• **GET STARTED TODAY BY CONTACTING BRANDON BY DIRECT MESSAGE**  
**PHONE # 647-891-7073**  
**INSTAGRAM: COMEGA.BRAN**

