

**Brendan Herbert,**  
*MS, Health Promotion, CPT, TPI*

*Founder of Infinity Wellness*  
*Founder of DC Health Coaches*

Brendan is a fitness entrepreneur with a passion for health and helping people become who they desire to be. He started his career in his hometown of Washington D.C. as a personal trainer and health coach and has logged over 10,000 hours of wellness training in 15 years.

In 2011, at age 25, he founded 2 wellness companies, DC Health Coaches and Infinity Wellness Partners which provide both personal and corporate level fitness and wellness services to people everywhere!

Brendan now offers corporate wellness services with himself or his team of wellness professionals.



## Corporate & Personal Offerings

### **Services Offerings:** *On-site & Online Available*

- Personal and Small Group Training
- Onsite Fitness and Stretching Classes
- Holistic Lifestyle Coaching
- Golf flexibility, fitness, and power programs

### **Workshop Offerings:** *(On-site & Online Available)*

- Avoid Office Body – emphasis on stretching for Desk Workers
- Foam Rolling Workshop – emphasis on releasing fascia to reduce pain
- Functional Fitness Workshops – emphasis on safe, quick fitness routines
- Fitness Center Orientation – emphasis on how to utilize your gym

***If you're interested in having Brendan or someone from his team come to your organization or are curious about pricing, email or call.***

*bherbert@experienceinfinitywellnesspartners.com or call 202-309-4603*