

JUSTEN ARNOLD

PRESS KIT



BIO

Justen Arnold is a committed husband, active father of three, adventurer, nutritionist, strength and conditioning coach, best selling author, public speaker, and consultant. He is the Founder of Flexx Mobility & Performance a multi faceted health & Wellness Organization and Host of the successful podcast One Step Further. With More than 15 years in the health and fitness industry, he also runs a popular YouTube channel and written or contributed to dozens of article for various blogs, publications, and podcasts

As survivor of child of severe sexual & psychological abuse attempted murder and severe trauma, Justen is on a mission to take care of all people, whether it's families, individuals or acquaintances through his holistic philosophy regarding physical, nutritional, mental, and spiritual well-being. He believes that if people have access to the best tools and knowledge in a sympathetic environment, they will be able to achieve their fullest human potential.

From a philanthropic standpoint, he regularly donates and volunteers with various organizations including his church and mission work with GO Ministries.

ACCOMPLISHMENTS

- Founder of Flexx Mobility & Performance LLC
- Author of Purpose Through Pain: Finding Limitless Potential in the Presence of Adversity
- Graduated 2003 Murray State University, Bachelor's Degree
- Level 1 Sports Nutrition Coach - Precision Nutrition
- Level 1 Trigger Point Myofascial Release
- ACSM CPT & Inclusive Trainer
- Certified TRX Trainer
- Certified Strength & Conditioning Coach
- Certified Bosu Trainer



CONTACT



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YouTube: <https://youtube.com/c/FLEXXMobilityandPerformanceFMP>

Apple Podcasts: <https://podcasts.apple.com/us/podcast/one-step-further/id1494526764>

BUSINESS HOLDINGS

- Flexx Mobility & Performance
- One Step Further Podcast