



BENCOOMBERBIOG

BIOGRAPHY

Ben Coomber

Trade: Nutritionist, Personal Trainer, Speaker and Business Owner
Experience: YouTube, Stage, Radio, Public Speaking and Writing
Date of Birth: 10/07/1986
Education: BSc Hull University, CISSN Sports Nutritionist
Height: 5'9

Ben is one of the UK's top health and fitness personalities. With an ever growing following (64,000 fans on Facebook) Ben is charismatic, inspirational, approachable, a great communicator, easy to understand, and humble with his message to his wider audience. With his success as a podcaster (#1 rated UK show) and recent hard hitting YouTube videos such as 'Diet: The Disease of Our Generation', Ben is out to inspire and educate more people.

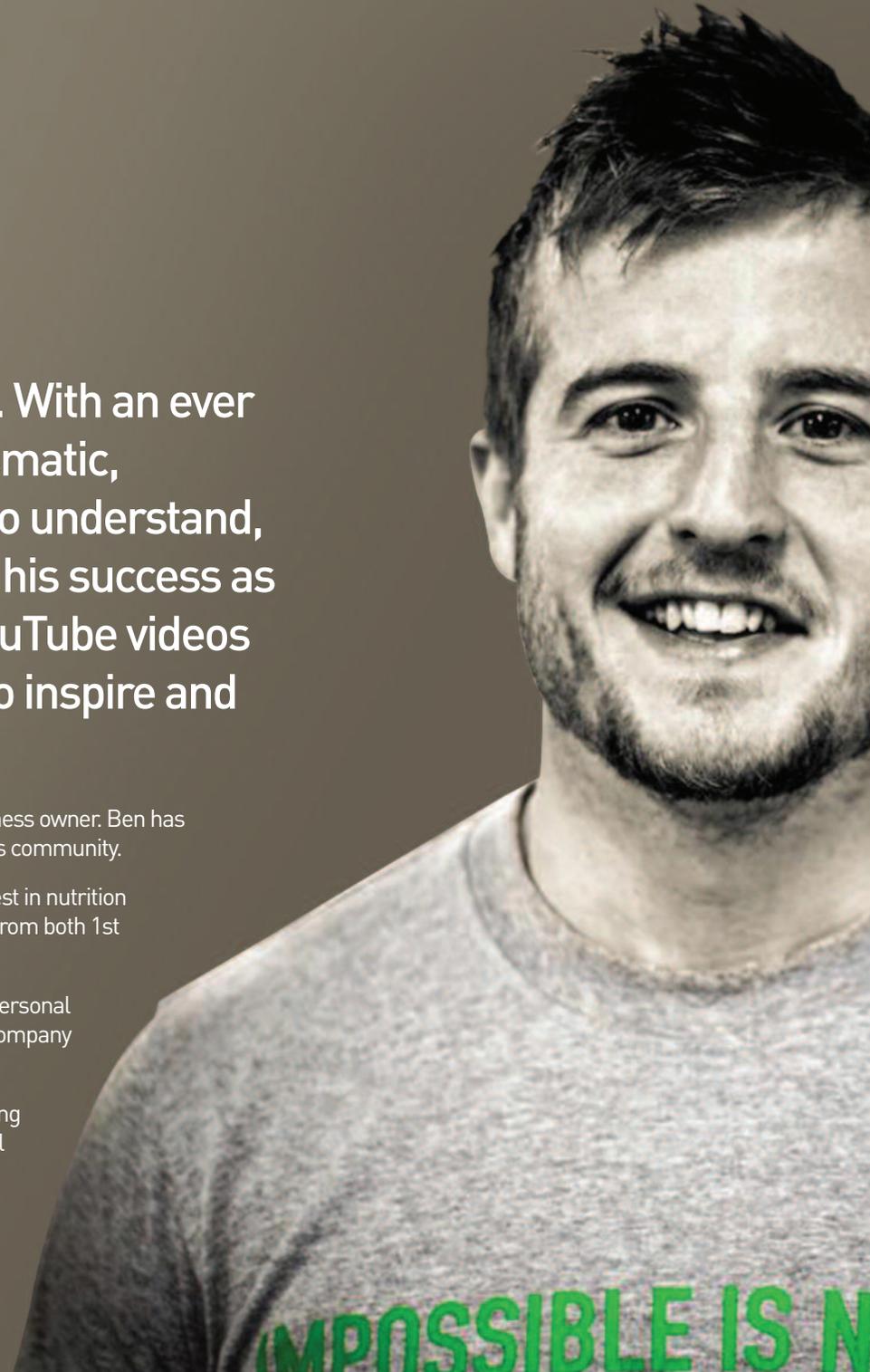
Ben Coomber (BSc, ISSN) is a performance nutritionist, personal trainer, public speaker, writer, consultant and business owner. Ben has the UK's #1 rated health and fitness podcast (more 5* reviews than Tim Ferris) alongside a vast following in the fitness community.

Ben's journey in the fitness industry was a personal one from a battle with obesity at age 18 that spurred a keen interest in nutrition and exercise. Now a performance based individual that trains and plays rugby, Ben blends his nutritional knowledge from both 1st hand experience, science, and a potent background of coaching everyday people, athletes and personal trainers.

Ben runs Body Type Nutrition, an online nutrition coaching company that operates a multi-level online nutrition and personal development course. Ben also owns Awesome Supplements, an ethical, transparent, research backed supplement company looking to re-educate the supplement world on the reality of what works, and what doesn't.

Ben is someone who is very comfortable on screen, behind a camera, on stage, or on radio. With a background of acting from ages 9-19, Ben is comfortable in any media format discussing all areas of health, fitness, nutrition, diet, personal development, social media and business.

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TOPICS BEN LOVES TO TALK ABOUT

There are many areas and topics surrounding health, fitness, diet, performance and business that Ben enjoys talking about. With a combination of experience, knowledge, and confidence under pressure Ben can handle any media or public speaking situation and relishes the opportunity to talk. Here are some of the talking points/topics Ben likes to talk about and has previously done on his videos, in seminars, and for universities and schools:

- Nutrition topics
- News stories
- How to lose weight
- Stress
- Motivation
- Building muscle
- Beginning a fitness program
- Psychology of dieting
- How to build a flexible diet
- Primal and paleo nutrition
- Gut health
- Optimal human performance
- Building a business
- Being entrepreneurial
- Running a business
- Marketing practices
- Social media growth
- What to do after your degree
- How to succeed in life
- How to be AWESOME

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MEDIA

Below is a list of the current media work Ben has done.

Radio:

For 18 months Ben held the position of nutrition and fitness expert on Town 102 Radio, a local station in East Anglia regularly talking on many topics to over 65,000 people. Ben also occasionally speaks to BBC radio stations including 5 live as a nutrition expert.

YouTube:

Ben's Facebook video and YouTube presence has increased over the years, especially with the popularity of his video 'Diet: The Disease of our Generation', which is currently at 75,000 views:

https://www.youtube.com/watch?v=_0YRkz6dclQ

Which set the stage for his kid's nutrition video to have reached over 960,000 people.

Magazines:

Ben has, and continues to write for most of the major fitness industry publications including...

Bodyfit **The Daily Telegraph**

Men'sHealth **MUSCLE & FITNESS** **SPORTS nutrition**

TRAIN **Women'sHealth** **Men'sFitness**
DON'T JUST READ IT, USE IT! www.mensfitness.co.uk

Industry Events:

Ben has been a headline speaker for the below events:

Body Power 2012, 2013, 2014

SFN Expo 2014, 2015, 2016

Leisure Industry Week 2014, 2016

Strength Matters Conference 2014, 2016

TV:

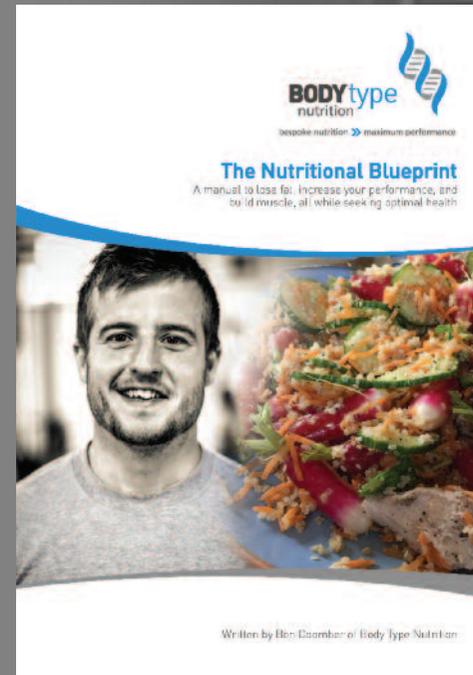
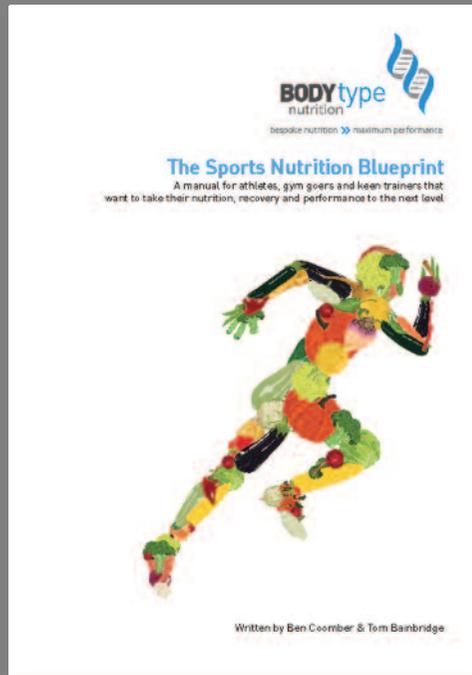
Ben has appeared in a regional TV program called 'BestFit TV' aired locally all over the UK in 1-3 minute cooking and nutrition segments.

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BOOKS WRITTEN BY BEN

As well as being in front of the camera Ben is an avid writer, aiming to inspire as many people as he can. Ben's books to date have been focused on the health and fitness market within his current community, titles of which you can see below. Ben is currently working with a literary agent to publish a series of 11 mainstream books starting in late 2017 focused around diet, mindset, performance, eating with a family, personal development, business, and more.



GALLERY



CONTACT

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Address on request.

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www.awesome Supplements.co.uk



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