



Body And Brain Fitness Opens Its Doors In Braintree, Massachusetts

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Body and Brain Fitness has recently announced the grand opening of its fitness facility in Braintree, Massachusetts. This 50+ fitness facility believes 50 is the new 30! They offer the most complete workout available, in only 60 minutes, in a non-intimidating and welcoming environment. All sessions are lead by a personal trainer in a group of no more than 6 people. Jonathan Mullis, Owner of Body and Brain Fitness and a Braintree resident, stated in a recent interview: "We believe in the power of creating the healthiest and most enjoyable environment for our clients through exercise." Find out more about Jonathan's inspiration to create Body and Brain Fitness at: www.bodyandbrainfitness.com/our-story.

Body and Brain Fitness is not just a typical gym. It is a 50+ Small Group Training facility, which is comprised of highly trained Personal Trainers and Physical Therapists. "Exercise is not one size fits all," Jenna, the Fitness Manager at Body and Brain Fitness, explains. "Our personal trainers are there to create programs that fit the needs of our clientele, and to make sure exercises are executed in safe manner and at the correct intensity." The fitness center's personal trainers are supervised by Doctors of Physical Therapy to ensure safe and effective programing. The Body & Brain Circuit session includes strength training, cardiovascular exercise, dynamic stretches, functional movements, breathing/relaxation techniques,

balancing, and brain teasers; all in just 60 minutes!

Body and Brain Fitness operates adjacent to Mullis and Associates Physical Therapy, and all patients of Mullis and Associates Physical Therapy receive a free trial to Body & Brain Fitness. The owners, Jonathan and Sonia Mullis, first opened Mullis and Associates Physical Therapy 6 years ago in Boston and decided to open up a second clinic where they live, in Braintree. Mullis and Associates Physical Therapy has been reviewed as one of the best clinics in Boston, with a perfect 5-star rating on Yelp and numerous gleaming reviews on Google. The reputation they have developed with their patients, community and health-care practitioners has led Dr. Jonathan Mullis and the rest of the Mullis PT clinicians to being rated as one of the top three physical therapy practices in Boston, as well as being on a list of 22 awesome physical therapists in Boston. They are excited to bring their topnotch service and expertise to the Braintree area.

The Body and Brain Fitness social media page is currently attracting a lot of likes through word-of-mouth, as its recent opening has created a stir in the Braintree community. A Facebook fan writes, "Thanks to Jenna for a fun and challenging workout for both mind and body! I was nervous because I don't exercise very often and thought I wouldn't be able to do it. She was so helpful and set me up on the equipment and made me feel at ease. I was able to work at my own pace and feel great! Will definitely be back for another class?" This South Shore fitness facility expects to accommodate more enrollees in the coming weeks and looks forward to being an active part of the Braintree community.

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For more information about Body & Brain Fitness, contact the company here: Body & Brain Fitness Jon Mullis (781) 848-278 info@BodyandBrainFitness.com 400 Franklin St., Suite 200 Braintree, MA 02184

Body & Brain Fitness

Our goal is for you to experience great adventures and memories as you continue to age gracefully. We believe it is never too early or too late to start preparing for the best years of your life. Let us help you get to a fitter, sharper, healthier you.

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