

BENCOOMBER
NUTRITIONIST ■ COACH ■ EDUCATOR

biog.





BESTFIT COVER SHOOT

biography.

BEN COOMBER

Trade: Nutritionist, Coach, Speaker & Business Owner
Media: TV, Stage, Radio, Public Speaking and Writing
Date of Birth: 10/07/1986
Education: BSc Sports, Performance & Coaching, CISSN, Level 3
Personal Trainer, Strength & Conditioning Coach Level 4

Ben is one of the UK's top health and fitness personalities, with an ever growing following (72,000 fans on Facebook, 39,000 on Instagram, 26,000 on Twitter, 26,000 on email, 140,000 monthly podcast downloads). Ben is charismatic, inspirational, approachable, a great communicator, and humble with his message to his wider audience of health and fitness enthusiasts, people starting out on their journey, and fitness professionals. With his success as a podcaster (#1 rated UK show) and recent appearances on Sky TV, BestFit TV and 4 Music, Ben is out to inspire and educate more people.

Ben's journey in the fitness industry was a personal one from a battle with obesity and many health issues at age 18 that spurred a keen interest in nutrition and exercise, causing him to leave a career in acting and follow a passion for helping others with their diet and fitness goals. 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 The BTN Academy, an online nutrition education company that operates a multi-level online nutrition and personal development course, 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, and coaches people through his Fat Loss for Life 90 day coaching program all while speaking, writing, presenting and podcasting.

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SPEAKING AT BODYPOWER EXPO 2018



BESTFIT TV SERIES 1 COOKING SEGMENTS

media.

TV:

Ben has appeared in 'Bestfit TV' series 1 in 3 minute cooking and nutrition segments and series 2 as a presenter, host and as a nutrition expert in 2-3 minute segments, aired all over the UK on FreeSport. Ben has also appeared on Sky TV and 4 Music Live as an expert as part of Veguary discussing his experiences and expertise.

Ben has also collaborated with England Rugby, The RFU, Virgin Sport, Sainsburys, Talk Talk, Gusto Food and British Triathlon as well as major UK brands.

BESTFIT

4MUSIC

**BRITISH
TRIATHLON**

SPORT

RFU

Industry Events:

Ben has been a headline speaker for the below events:

Bodypower Expo 2012 - 2018, SFN Expo 2014 - 2018 Leisure Industry Week 2014, 2016, 2017, Strength Matters Conference 2014, 2016, BeFit Expo 2018, iFit 2018 Super Self Summit 2018, MeFit Dubai Expo 2017, Fit East 2018

Ben has also been a panelist at UK Active Conference, SFN Expo, FitPro and Bodypower Expo as well as a Judge at UK National Fitness Conference.

Podcast:

Ben has the UK's #1 rated health and fitness podcast Ben Coomber Radio. The show has been running for over 6 years and continues to be one of Ben's major marketing and brand building platforms. Ben records a micro Monday show with just him speaking on a personal level, and a Thursday show with a guest. Guests have been diverse as Ben discusses health, training, mindset and all things personal development, interviewing past guests such as Deliciously Ella, James Clear, Virgin Sport, Sophie Grace Holmes, The Lean Machines & many more. The show gets 140,000 downloads per month, is a Global Media supported show and has done brand partnerships with Audible, Sainsburys, Talk Talk and Gusto food boxes.

Sainsbury's

gousto

**global
RADIO**

audible

TalkTalk

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#41

**GUILT-FREE
FAST FOOD**
EAT OUT, STAY HEALTHY!

**WINTER
SURVIVAL
HACKS**

CONQUER
SAD, STAY
MOTIVATED,
& MORE

**+HANG
TOUGH**
GET CIRCUS FIT WITH
CIRQUE DU SOLEIL'S
ALANNA BAKER

TRANSFORM YOURSELF!
BEN COOMBER: 'CHANGE YOUR LIFE IN 12 WEEKS'

**PLUS! ADAM GEMILI INTERVIEW | DITCH YOUR SCALES |
WINTER JACKETS | MINDFULNESS | MARK LAWS | KURTIS STACEY**

David Lloyd
CLUBS

BESTFIT MAGAZINE COVER MAY 2018

media.

Magazines:

Ben has, and continues to write for most of the major fitness industry publications as well as appearing on the cover of four.

Bodyfit The Daily Telegraph Women'sHealth
Men'sHealth *MUSCLE & FITNESS* FUNCTIONAL SPORTS nutrition MENS FITNESS

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, Bike London, BBC Wales and Suffolk Radio 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 120,000 views which set the stage for his kid's nutrition video to have reached over 960,000 people.

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

BENCOOMBER



speaking & educating.

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
- » 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

Ben has spoken for:





O2 & RFU TOUCH RUGBY CAMPAIGN

contact.

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