

Homepage- **Body Alliance Mission statement**-We are a company that specializes in Sports Therapy, Physical therapy, muscular rehab, nutrition plans, and personal training. Body Alliance travels around the country and world treating athletes and people in the workforce that have Soft tissue injuries. We educate our patients on how to sustain a healthy lifestyle!

We build relationships with companies committed to the sustainable health of their employees and patrons. We offer Corporate Health Solutions through ART®. Contact us today for more information About ART®.

Second page- **What is Active Release Techniques?** ART® is a patented, state of the art soft tissue system/movement based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART. These conditions all have one important thing in common: they are often a result of overused muscles. At Body Alliance We use ART to solve Soft tissue problems. We combine elements from Chiropractic, Physical Therapy, and Massage Therapy to give patients real sustainable results. Every ART® session is actually a combination of examination and treatment. The ART® provider uses his or her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements. For more information on ART® go to ActiveRelease.com

Third page- **Training and Nutrition**- At Body Alliance we focus on our ability to train individuals from beginners to elite athletes. We have everything you here to attain your fitness goals! False advertisements, 3 month workout fads, insane diets pills, and Elective Surgery are not the way to a healthy sustainable lifestyle. Affordable training is on a person by person basis and comes with nutrition plans custom made for you. Come train with us!

Contact us for programs and pricing-

Christopher Jenkins-owner/operator

ART Full Body Certified Practitioner

Fitness and Nutrition Consultant

Licensed Massage Therapist

Certification # 64684

1724 N. Highland Ave Suite 739

Los Angeles, California, 90028

(818)398-5401