

Brian Bradley is on a mission to help millions of people learn how to live healthier, pain-free lives and achieve complete fitness. As the Vice President, Brand Development + Strategic Programs and a frequent speaker at industry events, he presents, consults and conducts training with corporations, organizations and nonprofits on the topics of chronic pain, healthy living and high-level performance. Brian's seminars are driven by the Egoscue Method, an approach to simplify pain and inspire people to reach their life goals. Clients include Tony Robbins Company, Bulletproof Radio, YPO, the Seattle Study Club and the NFL and many more.

Brian has been studying human anatomy and the Egoscue Method for more than 25+ years. From world-class athletes, pro sports teams, celebrities and the U.S. Military, to corporate executives, couch potatoes, and busy moms and dads alike, Brian has what it takes to reach and teach them all as the Posture-Pain-Performance coach and motivational speaker.

In over 15 countries, Brian is an empowering and prolific coach, and speaker, who promotes a myriad of healthy principles for achieving success in all areas of personal and professional life. Brian believes that real and lasting change can happen when we commit to health as a lifestyle. His postural training, fitness experience and engaging personality will get people of all ages moving and digging deep to get their best results.