



BRITTANY TAYLOR

FROM BODYBUILDING TO BALANCED BODIES

Age: 37

Retired IFBB Bikini Pro, 2X Olympian

Occupation: Business Development and Marketing at Balanced Bodies

Goal: 5-year plan, to own one or multiple clinics

How did your journey to the Olympia stage start?

I come from a family that has a love for fitness. We were always in nature, hiking, water skiing, riding dirt bikes. I was a major tomboy, and I was naturally very competitive. At nineteen, I started modeling; I was motivated to stay in the gym, but I was mainly doing cardio. In my early 20s, I settled down, got married, and had my first son, Cash in 2009. Post pregnancy I became very thin. I wanted to feel strong, so I expanded my knowledge of lifting weights and nutrition and really loved my results, so much so that I got a personal training certification and began training others. started training clients. I entered my first NPC competition in 2013 and immediately found a passion for competing.

When did you earn your pro card and then qualify for the Olympia?

I won the Overall Bikini title at the NPC Junior Nationals in Chicago in 2014. I remember that feeling was insane. I felt like I had momentum and decided, let's not waste any time. I made my pro debut maybe a month later. I was up against a lot of amazing athletes and a little starstruck as I was competing on stage specifically against a top bikini

girl that I idolized. She was top five at the Olympia a few times. It felt surreal and at the same time such an honor that I was competing on stage with her. For me, it was a true sense of accomplishment and then to qualify for the Olympia at the IFBB Professional League St. Louis Pro was the icing on the cake. I lived in Mississippi at the time, and I believe I am the only professional bodybuilding competitor, male or female, in the state of Mississippi, to ever qualify and compete in the Olympia.

I qualified again in 2016 and I felt that I was probably in the best shape of my life, I was proud and confident of the work that I put in and I had more experience by that point. Regardless of the placing, being on the Mr. Olympia stage for a second time was such an honor because these are the best physiques in the entire world, so just being there for me was huge. It was also the very last time that I stepped on stage.

I took some time off, married and had two more babies, Julius and Rocco. During my middle child's pregnancy, I gained a lot of weight. I went from being very thin, in my early 20s, to being in the best shape of my entire life on stage, to gaining 70 pounds during my second pregnancy. I got the baby weight off in a sustainable, healthy way and started personal training again. With the various stages of weight, strength, and overall physique, I felt like I could relate to most woman because I had been there, and I wanted to inspire people and specifically inspire other women in my community. I worked out, with a trainer, the entire time through my third pregnancy. It

really helped a lot postpartum, and I would recommend it as long as you're healthy, and the baby's healthy, because it helps so much with the whole process.

How did you end up in Georgia?

I wanted to go back home and my roots and be close to my family. I moved to Georgia in February of this year. While I really love personal training, I was searching for a career that would allow me to help others in a healthy way but also allowed me to utilize my business degree and create an opportunity for future growth.

When did you become a part of Balance Bodies?

I just started with them in April of this year. I have a vested interest with the company. I felt like it was the right move for me because Balanced Bodies offers the type of quality service, I can be proud of, and they're growing rapidly. My role is to help with business development and branding. Anti-aging clinics are growing at a rate 6.1% and projected to continue growing. Balanced Bodies is focused on using real medical providers that are working with the patients, and really homing in on precision medicine and the knowledge behind each person's individual body makeup.

How is your company different?

What I really like about the Balance Bodies company is that it's founded by real medical providers, real doctors that have dedicated their life's purpose to helping to improve the quality of life for people. Our doctors work with all our patients and administer their custom treatment plans.

It's true that anybody could go to PCP or a gynecologist or any doctor and say, I'm going through the changes of life, describing their symptoms, but unfortunately, any of these doctors are overworked and end prescribing a cookie cutter protocol. Some may benefit but some may also have negative side effects. However, coming to a clinic like ours is like going to a specialist, where patients will be administered a treatment plan that is precisely determined to that person's deficiencies or needs. Our mission is to help to help our patients get back to a level of what should be normalcy and to improve the quality of your life.

“In today's world, we are all constantly moving and there's not a lot of time for rest so it's important to invest in ourselves.”

Do your patients pay a premium for that kind of customer care?

Our doctors, Dr. Kent Cohen, and Dr. Timothy Carrega, FNP saw the need to offer affordable wellness therapies. The only way to do that is through private care, rather than dealing with insurance but their emphasis is based on proven science and research. We've partnered with leading pharmacies and laboratories in the USA to provide the specific therapies and functional testing. We know where our products are coming from because we have good relationships with these pharmacies and laboratories and that is what makes our services feasible, sustainable, and sets us apart.

What services do you offer?

We offer several treatment options including Bio Identical Hormone Replacement, Peptide Therapy, Medical Weight Loss, Anti-aging, Skincare, Non-surgical Fat Removal, Salt Therapy, and Body Contouring, Hair loss treatment, and we even deal with Sexual health. We also offer PRP, (Platelet Rich Plasma). Offer a wide array of services is it's so important to know that you are seeing a real medical provider that specializes in these treatments. Precision medicine is really the key word here because everyone is different, so there's lots of options. It can be overwhelming and essential that there is somebody who can really guide you, in this personal journey to help better the quality of your life.

Your passion for fitness and going from competing in 2013, to the Olympia stage to now working with Balanced Bodies has taken you on a path of being healthy and living healthy. What has this path meant for you and how do you see the sport of bodybuilding continuing to be a part of your new career at Balanced Bodies?

Competing and being in the fitness world really influenced the direction that I chose to take and led me to discover a career in a vertical market. It lines up with who I am and the values I have. Hard work, working towards being your best, but living a balance lifestyle because we have families, careers, and we have all these other moving logistics that are a part of our lives. In today's world, we are all constantly moving and there's not a lot of time for rest so it's important to invest in ourselves. I think that Balanced Bodies, as a clinic and a company and what we offer, can be beneficial to anyone, but specifically, these athletes that are dedicating their lives to the NPC and IFBB Professional League. Weight fluctuations from in season to offseason, especially when people are first

starting out and don't really understand what their body needs, can wreak havoc on their hormones. Helping to educate people on a safe and healthy approach to their goals and aspirations will help keep them in the sport longer and help to grow our bodybuilding family by helping them to work smarter, not harder.

By being a science driven company, we stress the importance of not masking any deficiencies or symptoms but rather we want to cure them in a safe manner. We want to put we want to help put people's bodies back in the order that it's meant to be allowing you to have the energy to be able to sustain this lifestyle. Our focus is on getting your body back in line with the way it is naturally designed to work, as opposed to pharmaceutical treatment. Balance Bodies also emphasizes preventative care especially for underlying conditions like chronic fatigue or specifically in response to treatments for Diabetes and Chemotherapy.

As Director of Business Development and Marketing, what are you doing for community outreach?

Currently we offer a partnership or client referral program with businesses in our community like chiropractors, personal trainers, even other medical providers. In addition, we our goal is to continue to build relationships by participating in community event and help people learn who we are, understand what we do and be motivated to let us help then be their best. Self-care is definitely on an upward trend, and I think people are seeing the value and importance of it. Having that balance life can be done with Balanced Bodies.

You mentioned your goal for the future was to be able to have your own clinic one day and then possibly even multiple clinics. What does that look like for you?

By nature, I want to be my best and be an example by

being in top notch condition at 37 years old with three kids and feeling like I'm 27. I'm so passionate about living healthy that work feels more like fun to me. My main drive is educating people and getting them to know, there's a smarter, not harder way. You don't have to suffer or live in pain, there is help for you. What we can provide is a compliment to the total way of living healthy. We've treated thousands of men and women, in our offices and via telehealth. Treatments are not by any means a magic pill but when people have been feeling so poorly for such a long time, many times they will feel noticeable results right away because taking those first steps provides positive effects scientifically, therapeutically, and emotionally.

My five-year plan is to have my own clinic, and possibly even multiple locations. We want to grow, and I want to be able to offer our services to more people. There are potentially so many additional services we can offer possibly beyond the state of Georgia, or maybe expanding to life coaching or even improved mental health by teaching how to have a positive approach to life and tools to navigating anxiety and depression. It's something to work towards in the future, and I feel the possibilities are limitless.

Like so many sports, bodybuilding has had a positive impact and influenced the lives of many through the lessons of discipline, determination, commitment, and consistency and is based in symmetry and balance. IFBB Bikini Pro Brittany Taylor started in the sport of bodybuilding, is making a career in the health & fitness industry and finding ways to help others find their balance and give back. It can't be said enough, bodybuilding is more than a sport, it's a way of life.

Balance Bodies Anti-Aging and Wellness Clinics currently have three locations in Georgia. For more information you can contact them at 470-361-4350.

