



# Ben Wells

Lead Health Fitness Professional  
Personal Trainer

## Education

Bachelor of Science in Wellness/Fitness Management

## Certifications

NASM Certified Personal Trainer, NASM Group Fitness Instructor

## About Me

I've always been very passionate about fitness, having over 25 years of experience in the field in different capacities. I feel blessed to have passed this passion down to my daughters, who have taken it to the next level by becoming CrossFit Games athletes.

## Personal Interests

Our family enjoys working out together, hanging out with our dog, attending athletic events, church, and social events.

## Contact Information

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Walton Family  
Whole Health & Fitness