



Barilla Consulting and its constituents NextGen and GainLife excited to attend Arnold Sports Festival in Columbus, Ohio

Barilla Consulting is excited to announce its sponsorship at the Arnold Sports Festival Weekend March 6th- 8th, 2026.

COLUMBUS, OH, UNITED STATES, March 4, 2026 /EINPresswire.com/ -- GainLife and NextGen are proud to share their continued commitment to raising awareness about the powerful connection between fitness and mental health. Through education, advocacy, and community engagement, both organizations strive to highlight how regular physical activity plays a vital role in improving emotional well-being, reducing stress, boosting confidence, and supporting overall mental resilience. Staying active is not only essential for physical strength and longevity, but it is also a key component in maintaining a healthy, balanced mind.

We are excited to announce that GainLife and NextGen will be attending the Arnold Sports Festival in Columbus, Ohio, from March 6–8, 2026. This internationally recognized event brings together athletes, fitness professionals, and health-focused organizations from around the world, making it the perfect platform to further our mission. As a subsidiary of [Barilla Consulting](#), NextGen, alongside GainLife, is honored to participate in a weekend dedicated to strength, performance, and innovation in health and fitness.

We believe that movement is medicine, and through consistent fitness habits, individuals can experience improved mood, enhanced focus, greater self-esteem, and stronger coping skills in their daily lives.

We invite all attendees to visit us at the 2026 Arnold Sports Festival:

GainLife – Booth 1600

NextGen – Booth 1606

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