



### Qualifications:

- B.A. Psychology
- M.D. SUNY at Buffalo
- NASM Certified Personal Trainer
- CPR/AED certified

Trainer: Paul



### Specialty Areas:

- Rehabilitation/Rejuvenation
- Weight Loss
- Strength Training/Muscle Building
- Senior Training

***Fitness Training ideally starts with a proper health questionnaire, physical measurements such as weight and body fat percentage and a structural, movement, balance and agility evaluation. Reasonable attainable goals are established based on the individual's physical needs and training goals. A program of exercises is then designed with frequent updates to maximize improvement by creating new challenges to the musculoskeletal and cardio respiratory systems. This continually evolving "fresh" approach make the workout more effective and enjoyable.***

***Fitness affects everything that people do. A fit individual has the strength and endurance to perform a wider range of tasks and recreational activities with greater precision and for longer durations than the unfit counterpart. A fit person will usually have superior general health and a better chance of avoiding heart disease, cancer, diabetes and obesity and will generally have a sharper memory and analytical skills, as well as reduced anxiety and depression.***