

Summary

Nationally accredited health coach specializing in exercise science, behavior change, and mental fitness. Skilled in conceiving and delivering innovative wellness plans and lifestyle modification strategies. Dedicated to empowering individuals to optimize their health and achieve lasting transformations.

Experience

CEO, Master Trainer, Health Coach, Body Architect LLC

New York, NY | June 2000 - Present

A trusted fitness authority specializing in evidence-based health coaching and modernized digital wellness plans. Provides integrated services including personalized exercise programs, nutrition guidance, and goal-oriented coaching.

- Built a thriving fitness practice at Peak Performance, a top-rated private gym rated as one of America's best gyms by Men's Health.
- Assist high-profile clients, boutique hotels, and corporations in creating functional gym spaces designed to meet their distinct needs and preferences.
- Provide personalized training services to prominent clients, guiding their health and fitness programs both domestically and internationally.
- Deliver comprehensive health, fitness and wellness coaching to maximize performance and preventive disease.
- Played a key role in the fast-paced start-up of Celebrity Trainer Tracey Anderson's NYC studio, contributing to its successful establishment.

CEO, Group Fitness, Health Coach, TrampoLEAN LLC

New York, NY | April 2014 - Present

Highly-rated trampoline group fitness class providing innovative low-impact workouts, personalized training, and health coaching.

- Recruited, trained, and mentored a team of top-performing instructors, ensuring consistent delivery of high-quality coaching and instruction.
- Curated dynamic group class experiences, infused with empowering coaching strategies, fostering unity, personal growth, and mental tenacity.
- Client health achievements showcased in the media: reduced cholesterol, enhanced weight management, and long-term goal adherence.
- Developed a comprehensive suite of online offerings, featuring a three-phase video library, fitness challenges, livestreams, and a community-building coaching app.

Yoga, Fitness, and Wellness Facilitator, Soroban Capital

(Investment Firm), New York, NY | June 2014 - Present

- Guide integrative yoga classes promoting mindfulness, conscious breathing, postural alignment, and intention setting for a restorative mind-body experience.
- Conduct detailed health and fitness assessments, develop personalized movement plans that improve muscle balance and enhance overall well-being.

High School Phys. Ed. Teacher, Beekman

(Private School, Individualized Education), New York, NY | Sep 2022-Present

- Created an engaging and supportive learning environment, empowering students to embrace physical fitness, mental well-being, and personal growth.
- Plan interdisciplinary wellness and movement classes, promoting physical literacy and fostering a culture of holistic well-being for students grades 9-12.
- Provide individualized guidance and mentorship to students, instilling a sense of trust, confidence, and motivation to excel in their physical and mental health journeys.

Education

Adelphi University, B.S. Exercise Science & Health Promotion

Garden City, NY | June 2004

Practical experience in state-of-the-art facilities, specializing in cardiac rehab, exercise testing and assessments, exercise prescription, and biomechanics. Honored as one of ten recipients of Adelphi University's prestigious '10 under 10' Young Alumni Recognition, Award, showcasing commitment to excellence.

Certifications

- **Health Coach**, American Council on Exercise
- **Behavioral Change Specialist**, American Council on Exercise
- **Behavioral Change Mentorship**, American Council on Exercise
- **Co-Active Life Coach**, Coaches Training Institute
- **Exercise Physiologist**, American College of Sports Medicine
- **Personal Trainer**, American Council on Exercise
- **Nutrition Specialist**, Lifestyle Management
- **Biomechanics**, PRI Based 12 Week Biomechanics Course
- **PPSC**, Pain-Free Performance Specialist
- **Spinning Instructor**, Mad Dogg Athletics
- **NKT**, NeuroKinetic Therapy
- **bodyART Training**, Yoga and Mind/Body Techniques
- **Kettlebell Training**, Kettlebell Concepts

Appearances & Publications

Good Morning America, Insider Fitness, Good Day NY, Harry Connick Jr., WPIX 11 News, Telemundo, Fox 5 News, She's Got The Look, Extra, THS Diet Fads, News 12, VOGUE, Women's Health, New York Times, SELF, CBS, Woman's World, Runner's World, The Daily, NY Daily News, Yahoo lifestyle, CNN Money, Spa Week, New York Post, TIME, GQ, Gotham Magazine, Redbook, Cosmopolitan, IDEA Health & Fitness, WebMD, Health