

FocusNYC

Caroline L.

J.D., FPTI, MES, CSCS, NASM-CPT

A Texas transplant and proud Longhorn, Caroline graduated from the University of Texas in 2005. Upon graduation, she moved to Buenos Aires, Argentina to pursue teaching and discovered a passion for helping others improve their lives. In 2007, she returned to the U.S. to attend Harvard Law School, where she focused on using legal knowledge to empower those in need. As a litigator, she dedicated countless hours to serving asylum-seekers and domestic violence survivors, helping them navigate the legal system and empowering them to rebuild their lives.

Although inspired by the transformation she saw in her clients as they gained new power over their lives, Caroline nevertheless felt there was something missing in her own life. A few years into her legal career, she joined a women's boxing club and soon began to witness her own personal transformation. Through boxing, she found the strength, confidence, and passion that her intellectual pursuits had not provided. She gained a new appreciation for the importance of the mind-body connection, found a renewed sense of self, and lost 20 lbs along the way. In 2014, she signed up to fight a charity match with Haymakers for Hope, raising almost \$20,000 for cancer research and winning her first fight, which remains one of her proudest moments to date. With that, she walked away from her legal career and began the process of rebuilding her own life, as she had helped so many others do before.

Caroline refocused her energy on cultivating a healthy mind and body and soon realized her true home was in the world of health and fitness. Her passion for education and excellence led her to enroll in FPTI's 700 hour Master Course, where she gained the technical skills to help clients reach their fitness goals, no matter how big or small. Having facilitated immense transformation in others and in herself, Caroline firmly believes that if you are willing to work for your goals as hard as you wish for them, all things are possible.

Education

Focus Personal Training Institute Master Course (FPTI)

B.A. - University of Texas

J.D.- Harvard Law School

Certifications

Medical Exercise Specialist (MES)
Certified Strength and Conditioning Specialist (CSCS)
National Academy of Sports Medicine (NASM-CPT)
Pre-Post Natal
CPR/AED- American Red Cross

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Interval Training for Clients and Athletes (Mike Boyle, ATC)

Functional Training (Juan Carlos Santana, M.Ed, CSCS)

Joint Friendly Strength Training (Nick Tuminello)

The Mind Diet (Cori Cohen, RDN)

Orthopedic Aspects of Triathlon Injuries (Dr. Mark Klion, MD)

Scoliosis and Schroth (Ariel Flug, PT, DPT, BSSPT)

Regenerative Sports Medicine, and Spinal Care (Nick Beatty, MD)

Olympic Lifting & Client Application (Liz Cavanaugh, Angelica Virga)

Motor Control and Power Lifting (Ryan Chow)

Diaphragmnia (Alanna Bradley)

Low Impact Training for Sedentary Populations (Will Brown)

Movement Preparation for Squatting (Zeena Hernandez, PT, DPT)