FocusNYC

Casey H.
B.S.,FPTI, CSCS

Growing up in a small town on Long Island dedicated to athletics, Casey began playing sports at an early age. Throughout his youth and teenage years, he participated on a variety of teams, including football, lacrosse, wrestling and track & field. Along the way, he was lucky enough to work with inspiring coaches and mentors who had a large impact on his newly discovered passion for health and fitness. He quickly learned the importance of adopting a lifestyle of physical and mental well-being and wanted to share it with others. As a result of this experience, he decided to attend Towson University to pursue his B.S. in Physical Education and become a certified Maryland Physical Educator.

Upon moving back to New York, Casey decided to take his education and career to the next level. He found his way to the Focus Personal Training Institute, where he graduated at the top of his class from the rigorous 700-hour Master Course – a program which includes advanced topics in exercise and its application. During his academic and professional experience at FPTI, Casey gained and sharpened an invaluable skillset that now allows him to work with both general and special populations alike.

Casey’s on-going dedication to his career as a personal trainer is evident; he is currently working towards his M.A. in Applied Exercise Physiology at Teachers College, Columbia University. His strong passion for health and fitness, coupled with his teaching and educational background, has made him a well-rounded and successful personal trainer with a variety of clientele. He is motivated to help individuals achieve and uphold a physically active and healthy lifestyle through education and support, and aims to mentor those entering the industry via these same facets.

Education

Focus Personal Training Institute Master Course (FPTI)

Certified Strength and Conditioning Specialist (CSCS)

Medical Exercise Specialist (MES)

M.A. – Applied Exercise Physiology, Teachers College, Columbia University (Current)

B.S. – Physical Education Teacher Education, Towson University

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 Tuminnello)

Motor Control and Power Lifting (Ryan Chow)

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