FocusNYC

Conor K.
BS, NASM-CPT

Conor received his Bachelor of Science in Nutrition from Illinois State University and is pursuing his dietitian license. He is also a health and wellness coach and assists his clients with lifestyle changes to live healthier lives. He has worked with both general and special populations and emphasizes proper techniques to help motivate them to push past their comfort zone.

In addition to the physical and mental benefits of exercise, Conor firmly believes that some of the most important benefits of exercise and nutrition often go unnoticed- such as structure and a positive outlook on life. With his vast and growing skill set and enthusiastic approach to training, Conor aspires to guide each of his clients to their fitness goals and lead more fulfilling lives overall.

Education

B.S. Nutrition & Dietetics-Nutrition Management, Illinois State University (Minor in Health & Wellness Coaching)

Certifications

National Academy of Sports Medicine (NASM-CPT)
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 Tuminnello)

Assess and Correct (Eric Cressey, Bill Hartman, Mike Robertson)

Joint by Joint Approach to Training (Mike Boyle, ATC)

National Academy of Sports Medicine (NASM) Metabolic Training - Is Cardio Worth Your Time?

National Academy of Sports Medicine (NASM) Guide to Bodybuilding