FocusNYC

Daria S.
FPTI, NASM-CPT

Born in Russian, Daria grew up eager to travel and see the world. After high school, she attained a bachelor's degree in Commerce and Trade and later moved to China where she obtained an Associate Degree as a Chinese language Interpreter. Her passion for travel and knowledge inevitably led her to New York City, a place that she has now called home for over ten years.

Upon her arrival to New York, Daria fell in love with the city's high energy and culture. Inspired to lead an active lifestyle, she worked as a freelance model. This led her to learn more ways to improve her body, mood, and overall wellbeing through working out and implementing healthy eating habits.

Daria soon realized that she wanted to share her experience and help people to feel and look better. For that reason, she became a Certified Health Coach through Integraitive Nutition. Soon after, Daria then became a Hatha Yoga instructor. She was able to use both skills to start helping her clients improve physically as well as mentally through yoga and nutrition.

Daria then went on to graduate from Focus Personal Training institute's 600 Hour Master Course and obtain her NASM personal training certification. As a fitness professional, Daria is passionate about developing customized training programs for clients to help them transform their lives through the power of exercise, recovery and nutrition.

Education

Focus Personal Training Institute Master Course (FPTI)
Integral Yoga Institute
Institute of Integrative Nutrition

Certifications

National Academy of Sports Medicine (NASM-CPT)
Nutrition Health Coach- IIN
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)