

# FocusNYC

**Jeffrey H.**

**NASM- CPT, NASM- PES, NASM-CES, PN 1**

Born and raised in New York City, Jeff's love of fitness began at an early age when he started weightlifting at the age of 14. After working in finance, Jeff realized he had a true passion for fitness. In 2018 he decided to make fitness his full-time career and became certified as a personal trainer through the National Academy of Personal Training. Since then, Jeff has gone on to become a Corrective Exercise Specialist, a Performance Enhancement Specialist, and a Nutrition coach.

In addition to the physical and mental benefits that come with exercise, Jeff's experience with his own weight struggles allows him to really connect with his clients and their needs. With a vast and growing skill set and an enthusiastic approach to training, Jeff aspires to guide each of his clients not only to their respective fitness goals but to lead more fulfilling lives overall.

## **Certifications**

National Academy of Sports Medicine Certified Personal Trainer (NASM- CPT)

National Academy of Sports Medicine Corrective Exercise Specialist, (NASM- CES)

National Academy of Sports Medicine Performance Enhancement Specialist, (NASM- PES)

Precision Nutrition, Behavior Change Nutrition (PN-1)

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)