

# FocusNYC

## **Kristen K. FPTI, NASM-CPT**

Kristen was born on Long Island but grew up in rural North Carolina. Growing up, she was always encouraged by her parents to be physically active. She dabbled in all kinds of sports from swimming and field hockey, to equestrian but never felt passionate about nor particularly adept at them. After moving to New York City & starting a career in hospitality, she found that she lacked the stamina to sustain her energy throughout her long shifts. She began resistance training as a way to boost her mood and fell in love with weightlifting.

This love eventually lead her to to enroll at Focus Personal Training Institute to take her knowledge of fitness to the next level. Through completing the 600-hour Personal Training Master Course, she gained a deeper understanding not only of proper exercise technique but also how necessary a fitness routine is to leading a happy and healthy life. She aims to share her knowledge and experience in order to foster her clients' lifelong relationships to their health.

### **Education**

Focus Personal Training Master Course (FPTI)

### **Certifications**

National Academy of Sports Medicine (NASM-CPT)  
CPR/AED Certified - 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)