

FocusNYC

Laura N. B.A., NASM-CPT

Laura graduated from SUNY Albany with a B.A. in Journalism. After graduation she spent some time working in the corporate world of NYC. During this time, she developed the typical aches and lethargy associated with spending too many hours in a seated position. She started working out and found that she enjoyed her time at the gym and studying movement patterns more than she did her time at the office. Finally feeling like she found her calling, Laura decided to ditch the desk and heels for the gym and sneakers.

Fascinated by the science behind strategic nutrition and exercise for the purposes of body recomposition, Laura participated in and won her first bodybuilding show in the figure division in 2018. Now she is committed to helping people see their potential and abandon their preconceived physical limitations.

As such, Laura is dedicated to helping people embark on their fitness journey starting first and foremost with proper execution of form and movement patterns. She firmly believes that mental, physical and emotional health are all tied together and work in unison to create and maintain a whole and happy person.

Education

B.A.- SUNY Albany

Certifications

NASM- National Academy of Sports Medicine

Kettlebell Concepts Level 1

Integrated Stretching

Pre/Post Natal

CPR/AED

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)

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