

# FocusNYC

## Marissa D. NASM-CPT

Growing up in northern New Jersey, and having worked for FOCUS Integrated Fitness in New York, Marissa is now one of our great San Diego trainers. Marissa started playing competitive soccer at the age of five, and she played for a high-level academy club team and went on to play at the collegiate level as well. As a captain in both high school and college, Marissa learned the important skills of discipline, teamwork, leadership and motivation through sport. Over time, she began to understand the immense health benefits ? both physically and psychologically ? that come from living an active life and having a strong system of support in others.

Knowing that she was passionate about helping people live a happy, healthy life, Marissa chose to study psychology at Susquehanna University. Having dealt with her own injuries during her high school and college athletic career, she also developed an interest in the rehab and recovery aspects of training. Her first year out of college, she did an internship to learn a holistic bodywork therapy business called Reactivation. This greatly enhanced her knowledge of kinesiology, anatomy and physiology.

Marissa found that the knowledge in both social and exercise sciences that she accumulated over the years finally started to come together in practice, as she began creating workouts for herself, as well as her family and friends. She had a great mentor who ignited her creativity in developing unique, challenging and effective programs. Given her passion for fitness and helping others live a healthy lifestyle, personal training seemed like a logical career to pursue ? so, she obtained her personal training certification from the National Academy of Sports Medicine (NASM) and began helping others reach a variety of health and fitness goals.

Marissa remains motivated to learn and is continually expanding her knowledge in the fitness industry. She uses her personal dedication to her own workout routine to motivate and inspire others to reach their goals ? including strength, weight loss or simply feeling better overall. She is now proud to call FocusNYC her home in the fitness industry and shares the company?s core values of education and professionalism ? which she brings to every session with her clients. Marissa is extremely dedicated to helping her Focus clients achieve success and sustain it for the long-haul.

## **Education**

B.A. Psychology, Susquehanna University

## **Certifications**

NASM Certified Personal Trainer (NASM-CPT)

TRX Certified Functional Trainer

American Heart Association CPR & AED Certified

Licensed Massage and Bodywork Therapist

## **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)

**TRX Essentials for Personal Training** (Fraser Quelch, FAFS, CSCS, TRX founder)

**Sports-Related Mild Traumatic Brain Injury** (Scott C Livingston, PT, PhD, ATC, SCS)

**The Importance of Trunk Neuromuscular Control in Knee Rehabilitation and Injury Prevention: The Core of the Evidence** (Bohdanna T. Zazulak, PT, DPT, MS, OCS)

**Biopsychosocial Implications of Treating Older Adults** (Meredith E Drench, PT, PhD)

**Navigating the Regulatory Environment: Ensuring Compliance While Promoting Professional Integrity** (Anthony Delitto, PT, PhD, FAPTA)

**Scoliosis and Schroth** (Ariel Flug, PT, DPT, BSSPT)

**Regenerative Sports Medicine, and Spinal Care** (Nick Beatty, MD)