

FocusNYC

Melissa J. **FPTI, CFSC, MES**

Born and raised in Brooklyn, NY, Melissa has always had a passion for helping people. But her passion for fitness didn't manifest until later in life, when she lost two relatives to cardiovascular disease. Motivated by this loss, Melissa began to exercise and, in turn, develop a newfound respect and passion for physical fitness. Wanting to turn her love of fitness into a personal training career, Melissa enrolled in our own Focus Personal Training Institute, excelling as a top student in her class. After spending over 300 hours studying everything from exercise physiology and injury prevention to program design and professional development, Melissa found herself at home at FocusNYC. Having acquired her national personal training certification from the American Council on Exercise, Melissa is continuously learning and expanding her knowledge in this field. Her personal dedication to fitness motivates her to empower others to develop the same love of healthy living and she is excited to make a difference in the world by sharing her passion. In her spare time, Melissa also enjoys rollerblading, cross-training, dancing, cooking and spending time with her family.

Education

Focus Personal Training Institute (FPTI)

Certifications

ACE Certified Personal Trainer (ACE-CPT)

Medical Exercise Specialist (MES)

Pre/Post Natal Exercise

CPR/AED Certified- American Red Cross

CFSC Certified Functional Strength Coach

Precision Nutrition Certified Coach

Continuing Education

Focus Integrated Fitness Journal Reviews: Monthly review of topics relating to current fitness trends, strength and conditioning, exercise physiology and medical journals.

Dumbbell Training I (Juan Carlos Santana, M.Ed, CSCS)

Interval Training for Clients and Athletes (Mike Boyle, ATC)

Medicine Ball Training (Juan Carlos Santana, M.Ed, CSCS)

Band Training I and II (Juan Carlos Santana, M.Ed, CSCS)

Kettlebell Basics (Earnest Hudson Jr., MS, CSCS)

Functional Training (Juan Carlos Santana, M.Ed, CSCS)

Stability Ball Training I and II (Juan Carlos Santana, M.Ed, CSCS)

Interval Training and Nutrient Timing (Meaghan Shea, MA, CSCS, MES; Deb Cooke)

Unplanned Periodization in the General Population (Meaghan Shea, MA, CSCS, MES)

Putting Personality into Personal Training (Ryan Peller, NSCA-CPT)

Physical Activity and the Media (Mary Gillis, Ed. M)

Fundamentals of Program Design for Golfers (Anthony Renna, CSCS, TPI)

Lower Back Pain: Myths and Legends(Paul Ochoa, PT, DPT, OCS, LMT Chad Woodard, PT, DPT, ABD, OCS, CSCS)

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Muay Thai Techniques (Brandon Levi)

The Use of ART in Movement (Dr. Andrew Park, DC, MS, MSLAc)

Polar Technology and Heart Rate Variability in Training (Dave DiFabio, MA, CSPS, CSCS, USAW)

Orthopedic Aspects of Triathlon Injuries (Dr. Mark Klion, MD)

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

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

Motor Control and Power Lifting (Ryan Chow)

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