

# FocusNYC

## **Nick L.** **MES, NASM, FPTI, SSC**

Hailing from Staten Island, Nick always knew that he wanted to find a craft where he could help people in the fast-paced world of New York City. He's always lived an active lifestyle through mixed martial arts and Chinese lion dancing, but it was not until after graduating from college that he realized his passion was right in front of his eyes.

Nick discovered the Focus Personal Training Institute and was instantly drawn in by the unparalleled value placed on professionalism and education. As a graduate of FPTI's 700-hour Master Course, he holds himself to the highest standard and continues striving for improvement.

In addition to the physical and mental benefits that come with exercise, Nick hopes to convey to others that with exercise and a healthy lifestyle comes the potential for much more than just looking good. He firmly believes that some of the most important benefits often go unnoticed, and emphasizes discipline, structure and a positive outlook on life. With his vast and growing skill set and an enthusiastic approach to training, Nick aspires to guide each of his clients not only to their respective fitness goals, but to lead more fulfilling lives overall.

## **Education**

Focus Personal Training Institute Master Course (FPTI)  
B.A.-John Jay College of Criminal Justice

## **Certifications**

AAHFRP Medical Exercise Specialist (MES)  
Starting Strength Certified Coach (SSC)  
American Heart Association CPR & AED Certified  
Pre/Post Natal Exercise

## **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 by Joint Approach to Training** (Mike Boyle, ATC)

**Starting Strength** (Mark Rippetoe)

**Joint Friendly Strength Training** (Nick Tominello)

**Nutrition Facts and Fallacies** (Meaghan Shea, MA, CSCS, MES, Brent Carter, BS, CSCS, MES, Vanessa Upegui, MES)

**The Role of the Personal Trainer in Detecting and Managing Eating Disorders**(Melanie Rogers, MS, RD)

**Strategies for Improving Client Compliance and Results** (Meaghan Shea, MA, CSCS, MES)

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

**Post Exercise Metabolism in Men vs. Women**(Meaghan Shea, MA, CSCS, MES)

**Muay Thai Techniques** (Brandon Levi)

**Speed, Agility and Quickness for Sport and Life** (Nick Gehling, MES, CPT)

**Strength Programs: Research Versus Practice** (Meaghan Shea, MA, CSCS, MES)

**Food and Nutrition, Eating Well Mindfully** (Bridget Murphy, MS, RDN, CDN)

**Arthrokinematics and Self Joint Mobilization** (Ryan Chow, SPT, EP-C, CES)

**Effects of Coaching Style on Performance** (Meaghan Shea, MA, CSCS, MES)

**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)

**Programming Options for Strength** (Chris Kelly, M.S., CSCS, NKT)

**The Mind Diet** (Cori Cohen, RDN)

**Strength Training and Heart Health** (Meaghan Shea, MA, CSCS, MES, Brent Carter, BS, CSCS, MES)

**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)

**Olympic Lifting & Client Application** (Liz Cavanaugh, Angelica Virga)

**Motor Control and Power Lifting** (Ryan Chow)

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