FocusNYC

Wally N.
B.S., CPT

Wally fell in love with athletics from a young age. Sports were her outlet, and her teammates were a second family. Wally committed to Old Dominion University for field hockey the summer after her sophomore year of high school. The journey to playing collegiate field hockey was not one without obstacles. Undergoing 3 ACL repairs by her freshman year of college, Wally was forced into early retirement, but her love and passion for the game and fitness remained. Having her fair share of injuries, Wally's interest was sparked in rehabilitative training, driving her to pursue Bachelor's degree in Exercise Science.

Upon attaining her degree, Wally has worked in various healthcare settings including physical therapy and chiropractic. Within these clinics, she has ascertained knowledge and skills to better train individuals with certain injuries and ailments. Her passion is sport-specific training, focusing on mobility, power, explosiveness, endurance, strength, and stability. Wally continues to stay involved in the athletics community.

In addition to working 1-on-1 with her clients, Wally also coaches youth club field hockey for Typhoon Elite in her hometown of Fredericksburg, VA. Her exercise programs aim to incorporate challenging movements that promote physical growth and to make something fun because exercise should be a source of enjoyment!

Education

B.S. – Exercise Science, Old Dominion University

Certifications

CPR/AED - 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)