

# Personal Trainer



## Michael Grasso

Why train with me?

Simply because the journey can be intimidating. I invite you to join me and discover your true strengths. Allow me to guide you. Let me be your map (or nowadays...your GPS), to steer you in the right direction to achieve your goals while keeping the journey exciting.

- I am here to challenge you both physically and mentally.
- I am here to help you push through every workout.
- I am here to help you discover how fun fitness can be.
- I am here to track your fitness journey.

I am here to help improve your life. I am not here to make you look like the person on the cover of your favorite magazine. I am here to help you get in the best shape that you can possibly be in. By exercising, you will get a better sense of how this magnificent machine called the human body works, allowing you to enjoy every second of the day. You will feel the release of endorphins and dopamine (those amazing brain chemicals that make you feel so darn good) flow freely throughout your mind and body. You will have the energy to do the things you enjoy, whether it is doing yard work or spending time with loved ones. Whatever your goals are, I will be with you every step of the way. During our journey you may feel like giving up. When you do, I am here to lend you a hand because we are in this together.

Exercise, eat healthier, and be happy.

*Certifications: Smart Fitness University, CPR Certified*

*Don't just talk about change. Be the change.  
Have Fun. Stay Positive.  
Discover yourself.*

Call Michael at All Sport Health and Fitness at 896-5678, ext. 153 to set up an appointment. Michael can also be reached at [Mike@allsporthealthandfitness.com](mailto:Mike@allsporthealthandfitness.com)

**ALLSPORT**  
health & fitness

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