



Fitness Consultant & Master Trainer

Michael Miller

How can I best help you?

As a Fitness Consultant, I will take you through a series of assessments, both biomechanical and postural. Through assessment and observation I can determine if there are any muscle weaknesses or imbalances that need correction. We will work together to establish fitness goals and a clear path on how to achieve those goals. Becoming aware of your current level of fitness and developing a specific plan to obtain your goals is crucial.

As a Master Trainer, I will use the information I gather to create an exercise program specifically designed for your needs. I strive to make exercising fun through motivation, guidance and results. I have experience working with a wide range of individuals, including those with injuries and disabilities. I will show you which exercises will benefit you the most and how to perform them properly. Let's work together to get the most out of your workouts: you will see results faster, be more efficient with your time, and enjoy the journey.

Why I chose a career in fitness

From a very young age, I have been passionate about exercise and healthy living. I have worked hard to learn as much as I can about fitness and nutrition. I find great pleasure in passing along my knowledge to assist others in improving their own fitness. I share in the joy people feel when they achieve their fitness goals.

Certifications:

- ACSM Personal Trainer
- NASM: Fitness Nutrition Specialist
- NASM: Corrective Exercise Science
- Kettlebell Instructor
- CPR/AED

ALLSPORT
health & fitness

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Call Michael at All Sport Health and Fitness at 896-5678, ext. 146 to set up an appointment. Michael can also be reached at Michael@allsporthealthandfitness.com.