
TRACY BONETTI

Health & Fitness

I believe fitness is a lifestyle, and I got started as a child being involved in dance and gymnastics. As a teenager I discovered weight training and bodybuilding, and as an adult I learned that I loved to run. I still have my passion for gymnastics and coach in my spare time, hoping to pass on the great foundation of strength and flexibility it provides. I love being a personal trainer because I like to help people feel better about themselves and to make a positive difference in their lives. Whatever your goal may be; sports specific, losing weight, or working towards a healthier you, you can achieve a more balanced and healthier lifestyle.



*ASHI-FIRST AID
ASHI-CPR & AED
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AFAA*

*Contact Info:
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Personal Trainer Bio

Marci Whiteside



Hometown: Snellville, GA

Contact Info:

910-584-0993

marcimwhiteside@gmail.com

www.facebook.com/GetFitWithMarci

Certifications:

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- Les Mills Body Attack™ Instructor
- Red Cross CPR/AED

I have always led an active lifestyle. Specifically, I played competitive softball from the time I was 10 years old through college. As a result, I know the importance of a good strength and conditioning program to help your performance on the field. After having kids, my approach toward fitness shifted. My focus was no longer on athletic performance but on having an overall healthy lifestyle and a healthy self image. To maximize time with my family, I shortened my workouts but upped the intensity. I enjoy all types of workouts—standard weight lifting, interval training, Crossfit, circuit training, and group fitness classes. I also enjoy adventure/mud races. I have done two 3-3.5 mile Spartan races (the second of which I won!) and one 8 mile Spartan race. In designing workout programs for clients, I find out what motivates them and what types of activities they enjoy doing and design a program that is both fun and effective!

TEAM WHITE FITNESS

PERSONAL TRAINING & ATHLETIC DEVELOPMENT

DANA ANELLO WHITE, P.T., M.S., C.P.T.

NASM CERTIFIED PERSONAL TRAINER

TEAMWHITEFITNESS@GMAIL.COM

201-560-8640



Team White Mission Statement: To provide the highest quality, evidenced-based personal fitness training and athletic development services while promoting permanent behavior change in support of a healthy, active lifestyle.

Team White is committed to:

- Develop personalized, realistic, time-effective fitness and/or athletic goals
- Develop measurable objectives, assessments and an individualized lifetime fitness plan that supports those goals
- Identify and create a support network for clients
- Enhance athletic performance with functional-based training programs
- Genuinely care for the welfare of client's success both during and after the completion of services

Certifications

National Academy of Sports Medicine Certified Personal Trainer, #1340406

Licensed Physical Therapist, New York State, #021582

Maddog Spinning Star Level I Instructor

CPR/AED, American Heart Association

Education

M.S., Sport Administration, Canisius College, Buffalo, NY, 1997

B.S., Physical Therapy, University at Buffalo, Buffalo, NY, 2000

B.S., Exercise Science, University at Buffalo, Buffalo, NY 1994

Athletic Accomplishments

Marine Corps Marathon, Washington, DC, 2006

Ironman Lake Placid, Lake Placid, NY, 2003

Boston Marathon, Boston, MA, 2003

Chicago Marathon, Chicago, IL, 2002

New York City Marathon, New York, NY, 2001

Several Olympic Distance/Sprint Triathlons

NCAA Division I Collegiate Swimmer/3-year Team Captain, University at Buffalo, 1990-1994

PERSONAL TRAINER

MICHAEL CRONIN



When I was a junior in high school I weighed in at just over 300 lbs. at 6' 5" tall. With high blood pressure and difficulty performing strenuous tasks in life due to this I decided it was time for a change. This was something I knew had to be for the rest of my life and not some quick solution. It would take time, hard work, dedication and motivation. So, it took me years to learn to eat right, find what worked for me in my exercise routines, and gain the knowledge and experience to excel in health, wellness, fitness and strength. I went through many phases during this time of types of exercise and learned their pros and cons. I was an avid weight lifter for years, only recently switching my sights on Triathlon and endurance based exercise where three disciplines had to be mastered: Swimming, Cycling, and Running. I have done well so far, am still learning, training and willing to go farther, faster, and work harder. I can train anyone, from athletes to stay at home moms and I know with the proper routine, trainer, mindset, motivation, determination, knowledge and client, anything can be done. There is no I can't; only I can.

I am a Professional Firefighter with the West Point Fire Department, a New York State Emergency Medical Technician (EMT), National Council on Strength and Fitness (NCSF) Certified Personal Trainer, Triathlete, once upon a time fat kid, and fitness enthusiast.

FIT MIND, FIT BODY, FIT SOUL!!!