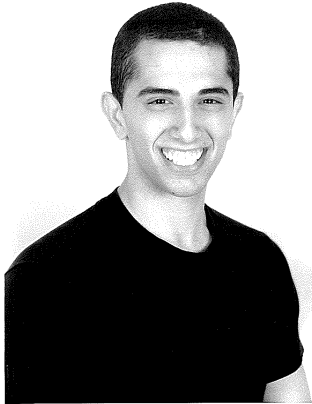


MICHAEL BELLISSIMO
PERSONAL TRAINER LEVEL III



Education

- George Brown Personal Training
- Fitness And Lifestyle Management Diploma
- Resistance Training Specialist (RTS)
- Medical Exercise Specialist (MES)
- Muscle Activation Techniques Jumpstart Practioner
- RTS 1,2,3 (Completed in 2008)

The love of fitness began for Michael at the age of 16, when he was introduced to weight training. While in grade 11 he took a body dynamics course, which taught him how to lift weights, and was encouraged by his teacher to pursue fitness after the course was completed. Two years later in OAC Michael took a Kinesiology course, which introduced him to the study of the human anatomy and physiology . Michael finished the course with one of the highest marks in the class and was encouraged by his teacher to pursue fitness as a career after completing high school. His teacher suggested taking the Fitness and Lifestyle Management program at George Brown College, which is highly regarded as one of the best fitness program in Ontario. In the last three years Michael has taken an interest in biomechanics and symmetry of the body. The Resistance Training Specialist Program and the Muscle Activation Techniques program has helped him to understand structure and function of the body and how to correct muscular imbalances.

After assessing my client's goals and body structure I will develop a plan that will help them feel better about themselves and ultimately reach their fitness goals. The programs that I create will be customized to include different exercises so that the client can reach their specific goals, and increase their level of fitness. I believe that fitness should be a life long commitment and not a short term fix.



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