

Although Scott may be new to Connecticut, he is not new to the world of fitness and exercise. He has 20-plus years as a personal trainer and fitness instructor in Illinois, California and Colorado. His continued education and own personal active lifestyle have allowed him to develop time tested skills to help people reach any fitness/wellness goals.

Scott has a Bachelor of Science Degree in Physical Education and an Advanced Personal Training certification from AAI/ISMA (a national recognized program). He has worked in specialized training facilities as well as physical therapy environments. His own competitive level achievements in power-lifting, tennis, golf, swimming, triathlon and skiing have also given him many training and rehabilitative experiences to learn from.

His specialty is not a concentration in one specific area but the ability to design an effective program that is as unique as the individual it is designed for.

If you are... an athlete looking for the extra edge; ...a senior wanting to assure the security of a continued independent lifestyle; ...wanting to freshen up your workout/fitness routine; ...working on that nagging back, shoulder or knee injury; ...or are just starting, maybe starting over; Scott's diverse background and experience will help you.