

Sara Garavuso

Patch/Panzer/Kelley: Certified Personal Trainer



Philosophy

Everyone should feel happy and confident in their body. I want to help you develop, reach and become your goals. Most importantly, I want to educate you throughout the process so you have the resources to continue your journey and live a sustainable life through fitness and healthy choices. I want others to see how a lifestyle where you invest in your health shouldn't feel like a job. It should be fun, challenging and something you look forward to doing for you. When you fall in love with taking care of yourself, you fall in love with the process. We are given one body to live this life in so why not be proud, confident and strong in it!

Along with being a Certified Personal Trainer, I began dancing at a young age which led me to become a dance instructor specializing in ballet and contemporary modern. I have transferred this knowledge into weight training to create a base foundation of proper form, posture, control, flexibility, mobility, program design/flow, mind to muscle connection and progression. After trial and error through out my own fitness journey and earning my Certification in Personal Training I am here to help you reach your goals. Whether it is weight and fat loss, body composition, to build strength or to build endurance... whatever it may be!

Education

Bachelors of Fine Art, Fashion Institute of Technology, New York, New York, 2012

Current Certifications

Certified Personal Trainer, ACE - American Council on Exercise

Adult and Pediatric First Aid/CPR/AED, American Red Cross