



Carmen Garcia

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Overview

Maintain the highest standard of instruction by teaching up-to-date, latest research in exercise and nutrition practices. I do this by remaining one of the industry's top fitness trainers and nutritionists in today's progressive fitness industry. The clients' fitness goals are my priority, and through proper assessment, workout design and customized fitness plans – these are where my ideas about fitness derive.

Qualifications/Certifications

- Fluent in Spanish and English.
- Mesa college graduate, associates degree in Liberal Arts
- U.S. Personal Trainer's Association, G.I. Bill Approved certification 2006
- Nutritional Consulting certification USPTA 2006
- International Sports and Science Association certification 2006-present
- Galaxy Nova seminar - Competitor 2001
- Fitness competitor – FAME - Placed in nation's top ten 2005
- CPR certified (Red Cross, American Heart Association) 2003-current
- IDEA Member

Experience/Current

- Instructor for group class at Hollywood Easton Gym (present)
- Private fitness and nutrition instructor – [high-end clientele] – Beverly Hills
- Private fitness instructor trainer - Exclusive Gym – Los Angeles
- Fitness Instructor for group classes – [Premier facilities only] - Los Angeles
- Outdoor/Fitness lifestyle coach – [high-end clientele] – Santa Monica
- "Functional Training" Expert
- Plyometric Exercise Specialist
- Kickboxing Instructor/Trainer

View

My strong suits are an inventive understanding of the functions and vital processes of the human body. This enables me to navigate aggressively throughout the entire muscular skeletal system simply and elegantly. When I assess and indoctrinate my proactive, I do this with the utmost detail. I initiate proper exercise prescription to insure proper biomechanics and sound, understandable results for the laymen. Effectively providing sound, understandable, attainable nutritional advice will always be a part of what I do. Although customized physical fitness training programs are my specialty, I advise those who exemplify nutritional challenges. I acknowledge with ALL my clients that optimum health begins with quality, proper nutrition and is balanced with regular exercise and ends with rest.

Accomplishments/Career Highlights

- President and founder of Fitbody Star, LLC, a fitness company to promote health and fitness. An online web store for fitness apparel and fitness services 2004-2006
- Spokesperson for Bob O'Leary's Sports Supplements 2000-present
- Health and fitness writer for www.bodybuilding.com and www.bossonline.net Two global leading online supplement distributing companies 2001-present
- International fitness cover model for top publications such as Muscle and Fitness *Hers*, Oxygen, Ironman, Planet Muscle (list upon request) 2000-present