

Nolan V. Ferraro

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PERSONAL LIFE PURPOSE:

My mission is to holistically bring out the best in my clients and their lives. For each client, I strive to redefine fitness. That means not only a physically fit body, but designing a realistic program, coupled with life coaching, motivation, accountability, and realistic goals that will allow each person to achieve the lifestyle desired for both work and play.

CAREER AND RELATED EXPERIENCE:

July 2005 to Present

Owner and Operator of Salire Fitness, Pilates, Life Coaching Studio • New Orleans, LA

Salire Fitness is a holistic wellness company where clients come for physical, mental, and spiritual growth. Responsibilities include the physical training and professional coaching of Salire Fitness' clients looking to improve their health, wellness, and self-esteem. Responsible for the fitness assessment, implementation and personal training of clients desiring personal changes in weight control, muscle hypertrophy, stress management techniques, flexibility, cardiorespiratory and cardiovascular improvements. Physical training sessions are offered in both private one on one sessions and large outdoor group sessions of 40 to 50 participants.

May 2009 to Present

Salire Charity Fitness Boot Camps

As the facilitator and lead trainer responsible for recruiting, organizing, and training the participants attending the Salire Fitness charity boot camps I was able to offer personal fitness to people of all ages and stages of life as well as all socioeconomic levels. While offering the boot camps during a 24 month period I personally trained upwards of 2000 participants in classes of 35 to 50 participants per class and was able to raise \$27,000.00 for charity. This was an awesome opportunity to motivate and educate participants while giving back to the community I love.

May 2009

Creator of Salire Fitness Wellness Seminar

A wellness seminar used to educate, motivate, and empower individuals to take an active role in enhancing their greatest assets this side of eternity – their health and wellness. Program is designed to educate participants on stress management techniques, weight lifting exercises and techniques, nutritional label reading, healthy nutritional shopping, and proper stretching routines. Delivered to churches, community centers, non profit, and profit organizations.

January 2000 to July 2005

Certified Personal Trainer • New Orleans Athletic Club • New Orleans, LA

Responsible for the fitness assessment, implementation and personal training of clients desiring personal changes in weight control, muscle hypertrophy, stress management techniques, flexibility, cardiorespiratory and cardiovascular improvements. Assisted clients in S.M.A.R.T. goal setting, and practical techniques for the achievement and maintenance of each client's unique desired outcomes.

PROFESSIONAL LICENSES, CERTIFICATIONS, and WORKSHOPS:

Certified personal Trainer • American Aerobic and Fitness Association
Certified Pilates Instructor • PhysicalMind™ Institute
Certified Professional Co-Active Life Coach • Coaches Training Institute
Licensed Wellness Life Coach • American College of Sports Medicine
Certified Discipleship Life Coach • Blue Print for Life
Certified NLP Practitioner • Global NeuroLinguistic Programming
Leadership Training Retreats • Rapport Leadership International
Effective Communication and Human Resources Workshop • Dale Carnegie

PROFESSIONAL ORGANIZATIONS and MEMBERSHIPS:

International Coach Federation
ToastMasters International™
Christian Coaches Network™
National Strength and Conditioning Association

PROFESSIONAL AWARDS and RECOGNITIONS:

Gambit Weekly's "40 under 40" recipient 2009
Gambit Weekly "Best of" for outstanding personal trainer 2010 (Top 2 recipients)
Interview appearances on WVUE TV and WDSU TV as a fitness expert 2009 and 2010
Recipient of National Speakers Association conference scholarship from Speak America

REFERENCES AVAILABLE UPON REQUEST