



DONNA CULLEN

CERTIFICATIONS: I began my fitness career in 1990 as an instructor teaching pre / post natal fitness. YM-YWCA certified in 1991 in personal training, I began training at the Soloway JCC in 2001. Presently being certified with Can Fit Pro. Currently I personal train at the Soloway JCC and teach power pump Tuesdays at noon.

SPECIALTIES: I work with a variety of clients from teens to seniors, injury rehab patients to amateur athletes. My fitness focus is posture and body alignment. Poor posture creates muscle weakness and imbalance and premature aging. Body alignment when correct, allows the body to move in proper range without chance of injury.

INTERESTS: Bodybuilding and training to compete sparked my passion for exercise in the early 80's. My bodybuilding career was short-lived due to an injury which caused my extreme training to be put into perspective.

FITNESS PHILOSOPHY: *My motto is "How you move your body today will determine how your body performs for you in the future!" My mission is to motivate my clients to become consistently active to achieve health and energy.*

I believe in all fitness components combined for well-being.

Cardiovascular training to enhance heart and lung health.

Resistance training for improving body composition by increasing metabolism.

Flexibility training for an increase in sports performance and decrease in back pain and injury.

Balance training is vital for functional fitness and core strength.