



**EveryWoman Fitness**  
**Be healthy, not perfect.**

**Andrea Ingram**  
**NASM Certified Personal Trainer**  
[Everywomanfitness@hotmail.com](mailto:Everywomanfitness@hotmail.com)  
**845-446-5878**

### **Andrea's EveryWoman Testimony**

I am not a hard body, and most likely won't be, but secretly want to be. I am an **EveryWoman**. I try for the most part to live and be healthy, but I fail at times, and sometimes my pants get tight. I have had two babies, and lost 65 pounds the first time, and 50 pounds the second. I know what it feels like to be a size 14 and a size 6, and now be somewhere in between. I've run five marathons at the pace of the tortoise, not the hare. I discovered that unless you win, the medal is the same for anyone who finishes the 26.2 miles. I try to be in control of what I eat and my exercise, but can't always pull off both at the same time. I'm only **human**.

My philosophy is that exercise rejuvenates and re-energizes me. Even after a tough workout in the morning, if I hear a good song on the radio, it makes me want to run again in the evening. I drive to the gym, even though I could walk there in 4 minutes, because when my workout ends, I don't want to walk home. I love, love, love to sweat. I love to run uphill. Running with my friends makes it feel effortless. I feel **powerful** when I run in the rain.

I do not want to exercise all 7 days of the week. I believe resting is as important to the body as exercise is. The exercises that are in my SHAPE magazine each month intimidate me. I became a personal trainer to be a cheerleader for others who feel the same way about those exercises.

I hope to be an encourager to the women who are wearing maternity pants long after the baby is born, the women who want the 5K t-shirt but are scared about the actual running part, the women who are too busy being mothers to put themselves **first**, the women who still bear the pigeon hole they were given in high school, and those who think their thighs are holding them back in life.

Those women are all a reflection of who I **was** and who I **am**, a reflection that is still coming into focus. I am just like **you**.

# SIOBHAIN I. CUSHEN

Ph: (845) 446-1247 ♦ Cell: (207) 653-5074 ♦ siobhainikc@yahoo.com



## MS, Exercise Science

- ♦ Advanced education in exercise physiology and biomechanics
- ♦ Specialized training, research and application in the areas of exercise, fitness, movement, body composition, health, and sport

### What I Do

Personal Trainer • Group Fitness Instructor • Exercise Specialist  
• Sports Performance Coach • Fitness & Body Composition Assessments

### What I Will Do For YOU

Create a personalized, balanced program focusing on your goals  
• Increase your muscular strength and endurance, cardio respiratory capacity and flexibility • Teach you how to train safely and efficiently • Improve your knowledge of fitness and exercise

### **Exercise Philosophy**

I believe that a balanced lifestyle, which combines muscular strength and endurance training, cardio respiratory endurance training, flexibility, proper nutrition, stress reduction strategies, and relaxation into one's daily life, will create self-confidence, self-reliance and a better quality of life.

## Biography

Originally from Cape Elizabeth, Maine, I have always enjoyed an active lifestyle. Growing up, I competed in individual and team sports, to include swimming, track and field, softball, soccer, basketball and volleyball.

I graduated from the United States Military Academy in 1994 with a Bachelor of Science in American Legal Systems. I lettered in varsity basketball as a Lady Knight all four years and was captain of the team my senior year. I was commissioned in the Military Police (MP) Corps and held various leadership positions, to include platoon leader, company commander, MP school small group instructor, operations officer and deputy provost marshal.

My military schools include the officer basic and advance course, Airborne school, U.S. Army Master Fitness Trainer course, U.S. Army Level I Combatives Trainer course, Counter-Terrorism course and Instructor Trainer course.

From 2002 to 2006, I coached, mentored and developed cadets as an instructor in the Department of Physical Education at West Point. My teaching included aerobics, strength training, aquatics, downhill skiing, basketball, combatives, health and wellness.

## Certifications

- AFAA Spinning Instructor
- U.S. Army Level I Combative Trainer
- Mad Dogg Athletics Spinning Instructor
- USA Weightlifting Sports Performance Coach
- American Red Cross CPR Certification
- AFAA Group Exercise Leader
- U.S. Army Master Fitness Trainer
- AFAA Personal Trainer
- Les Mills BODYPUMP Instructor
- ASIA Ski Instructor
- American Red Cross and Ellis & Associate Lifeguard
- U.S. Boxing Association Level I Boxing Trainer

## Personal Trainer Bio Sketch

# Rita Tenuta

Certified Personal Trainer



I have worked as a trainer and group fitness instructor at MWR Fitness Center since 2006. I am passionate about fitness. After having four children, I began to engage in my personal fitness development and have first hand experience of the tremendous benefits that fitness training offers. The goals I set for my clients as a personal trainer are the same that I set for myself; which are to educate, motivate, and to develop a good, consistent fitness routine so my clients will return to the gym with knowledge and confidence.

I have experience training all age groups from senior citizens to teens. I have worked with clients rehabilitating from injuries and/or prolonged absences from a fitness routine. I have successfully worked with military personnel to pass their APFT.

I will work with my clients to develop both cardiovascular and strength training routines. I am a strong advocate of strength training and feel many are unaware of the abundant benefits, particularly women and those over 40. I enjoy introducing clients to various cardiovascular exercises and strength programs. Through cross training and the discovery of diverse strength training regimens, my clients can obtain maximum fitness and help to relieve boredom and keep their gym experience fun.

### Certifications

AFAA Personal Trainer  
AFAA Group Certification

### Group Classes

Strength Training for Women  
Teen Strength and Fitness Class  
Boot Camp

I have accredited CEUs in various class such as Exercise Science, BOSU training, Teen, Yoga and Senior Fitness.

### Contact Information

845-446-3630 [tenuta06@yahoo.com](mailto:tenuta06@yahoo.com)

# MIKE BLUME



Mike Blume enters his second year with the Army Strength and Conditioning staff. Blume is in charge of implementing sport specific strength and conditioning for baseball, softball, wrestling, men & women's soccer, golf and sprint football, while also assisting with football.

Blume is directly responsible for the daily operations of the Office of the Directorate of Intercollegiate Athletics' weight room. In addition, Blume assists with the mentoring of volunteer and intern members of the strength and conditioning staff.

A 2003 Indiana University graduate, Blume earned an undergraduate degree in Kinesiology. He then continued on at Indiana to receive his master's degree in Kinesiology in 2005. During his tenure at Indiana, he served as an assistant strength and conditioning coach for several varsity sports.

A native of Fort Wayne, Indiana, Blume resides at West Point, N.Y.

# *Felicia C. Hanes*

*Certified Personal Trainer*



563 B Connor Loop  
West Point, NY 10996

Home: 845-859-4494/cell 325-3929  
Email: [hanesef@yahoo.com](mailto:hanesef@yahoo.com)

W:845-938-7060/6490  
W:Felicia.hanes@usma.edu

## **About Me**

I have always been a very physically active person even as a child. I performed in the top 1% in physical fitness testing in school and often performed much better than most of the boys in my peer group. I began running for fitness benefits at the age of 15 and soon after was introduced to strength training by a friend. I became certified for the first time in floor aerobics at 16, then beginning my career as a fitness educator. I taught aerobics for our city's recreation department during the school year and water aerobics during the summers at the city pool. In college, I worked at the Student Recreation Center as a weight trainer and water aerobics instructor and also as a certified personal trainer at a local gym. I am currently happily married with three children including a set of twins and am proof that you can get back in shape after children.

With an extensive family history of heart disease and cancer (my mother a breast cancer survivor) mostly as a result of genetics, a sedentary life style, and poor eating habits, I chose to be proactive about my health and wellness. I like to say that I am "running for my life." Fitness is a part of who I am and I want to share my enthusiasm and knowledge about the benefits of a healthy body with my clients.

## **Education**

Bachelor of Arts in Psychology/Minor-Human Development  
The University of Alabama in Tuscaloosa-**ROLL TIDE!!!!**  
August 1994-December 1998

## **Current Certifications**

Certified Personal Trainer, I.F.P.A & A.C.E.  
Certified Primary Group Fitness Instructor, A. F. A. A.  
Youth Strength Training Certification A.C.E.  
CPR/First Aide/AED

## **Awards and Recognitions**

2<sup>nd</sup> place in age category-5K Swamp Run-Williamsburg, VA 2006  
3<sup>rd</sup> place in age category-10K The College of William and Mary 2006  
JWCW President's award 2006

## **Relevant Educational Experiences**

Athletic Business Conference-Orlando, FL 2007-Various Seminars and Workshops on Fitness and Fitness Management.

## **Relevant Job Experience**

Group Fitness & Water Aerobics Instructor-Tallassee Recreation Dept.-Tallassee, AL  
Weight Room Instructor & Water Aerobics Instructor-The University of Alabama Student Recreation Department-Tuscaloosa, AL  
Universal Fitness-Certified Personal Trainer -Tuscaloosa, AL  
West Point FMWR Fitness Center Facility Manager, Personal Trainer, Group Fitness Instructor-Present

# TEAM WHITE FITNESS

## PERSONAL TRAINING & ATHLETIC DEVELOPMENT

DANA ANELLO WHITE, P.T., M.S., C.P.T.

*NASM CERTIFIED PERSONAL TRAINER*

[TEAMWHITEFITNESS@GMAIL.COM](mailto:TEAMWHITEFITNESS@GMAIL.COM)

845.642.8733



**Team White Mission Statement:** To provide the highest quality, evidenced-based personal fitness training and athletic development services, promoting permanent behavior change in support of a healthy, active lifestyle.

Team White is committed to:

- Develop personalized, realistic, time-effective fitness and/or athletic goals
- Develop measurable objectives, assessments and an individualized lifetime fitness plan that supports those goals
- Identify and create a support network for clients
- Enhance athletic performance with functional-based training programs
- Genuinely care for the welfare of client's success both during and after the completion of services

### Certifications

National Academy of Sports Medicine Certified Personal Trainer, #1340406

Licensed Physical Therapist, New York State, #021582

CPR/AED, American Heart Association

### Education

M.S., Sport Administration, Canisius College, Buffalo, NY, 1997

B.S., Physical Therapy, University at Buffalo, Buffalo, NY, 2000

B.S., Exercise Science, University at Buffalo, Buffalo, NY 1994

### Athletic Accomplishments

Marine Corps Marathon, Washington, DC, 2006

Ironman Lake Placid, Lake Placid, NY, 2003

Boston Marathon, Boston, MA, 2003

Chicago Marathon, Chicago, IL, 2002

New York City Marathon, New York, NY, 2001

Several Olympic Distance/Sprint Triathlons

NCAA Division I Collegiate Swimmer/3-year Team Captain, University at Buffalo, 1990-1994

**BE THE BEST THAT YOU CAN BE IN  
2008!!**

**Personal Trainer:  
Jen Miller**

**Home: (845) 446-2022**

**Cell: (831) 917-4395**

**[jennm93@hotmail.com](mailto:jennm93@hotmail.com)**



\*I want to be a part of your journey towards looking and feeling your best.

\*I want to motivate, educate and encourage you to achieve your fitness goals.

\*I hope I can inspire you to maintain your healthy lifestyle once you have reached the level of fitness that you desire.

**AFAA Certified Personal Trainer  
NESTA Certified Nutritional Coach**

# Jennifer A. Miller

## **Narrative**

I have been a certified personal trainer and nutrition coach for over a year. I have always enjoyed working out. I used to be solely focused on cardiovascular training. A few years ago I decided to work with a personal trainer to incorporate weight lifting. I was amazed how I could turn my excess fat into muscle once I new how to perform the exercises correctly. I began to develop new exercises to put into my routine. I continue to update the exercises and develop new ones through research and experimentation. I constantly had people coming up to me in the gym asking about my routines. I decided I wanted to help individuals on a more permanent basis, so I obtained my certifications. I am focused on developing individualized routines with total body exercises that are safe, fun and challenging. During the training and after, I will do my very best to encourage, motivate and help you obtain the fitness level you desire.

## **Fitness Goals**

- Focus on: **Balance, Endurance, Strength, Training (BEST)**
- Everyday Motivation
- Proper Techniques
- Individual or Group Instruction
- Healthy Lifestyle
- Self Confidence
- Sustained Energy

## **Education**

- BA in Elementary Education from the University of Northern Iowa
- AFAA Certified Personal Fitness Trainer
- First Aid, CPR, Child Abuse Prevention Certifications
- NESTA Certified Nutrition Coach

## **Current Employment**

- West Point Youth Center: Program Lead
- West Point School Age Services: Fitness Instructor