

# George Wade

## Personal Trainer

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### I Can Help You

- Develop and maintain operational (task specific) fitness
- Reduce non-traumatic injuries
- Increase muscle size & strength
- Burn calories for fat loss & improve endurance
- Be consistent & maintain an exercise program

### Areas of Specialty

- Developing the "Tactical" Athlete, Tactical Physiology
  - A professional whose sworn duty is to protect his/her country and/or community such as police, fire rescue, military
- Sport specific conditioning for all skill levels
- Athletic speed development
- General strength, endurance, and flexibility
- Postural and balance improvement

### Emphasis/Philosophy

- Principle-based training (scientifically proven & "cutting edge" principles of training)
- Structured design in the program to maintain physiological balance
- Results based... progressive goals monitored closely

### Qualifications

- Bachelor of Science, Exercise Science, Barry University of Miami, FL
- National Strength & Conditioning Association, Certified Strength & Conditioning Specialist and NSCA Certified Personal Trainer
- American Council on Exercise, International Association of Firefighters, International Association of Fire Chiefs, Peer Fitness Trainer Certification
- State of Florida, Department of Health, Emergency Medical Technician

### Personal Note

- A professional trainer can help integrate an exercise program designed specifically for your health status, goals, abilities, and interests.

