

Nolan V. Ferraro

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PERSONAL LIFE PURPOSE:

My mission is to holistically bring out the best in the life of my individual and corporate clients. For each client, I strive to redefine fitness. That means helping clients to achievement a physically fit body, and designing a realistic program, complete with life coaching, motivation, accountability, realistic goal setting, and replicable strategies 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 & Wellness • 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, 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 personal trainer responsible for recruiting, organizing, and training the participants attending the Salire Fitness boot camps, I was able to offer personal fitness to people of all ages and stages of life. While offering the boot camps during a 48 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.

May 2009

Creator of Salire Fitness' Wellness Seminar and Perfect-Weigh presentations

Our wellness seminars and Perfect-Weigh presentations are 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. Seminars are designed to educate participants on stress management techniques, weight lifting exercises and techniques, nutritional label reading, healthy nutritional shopping, and proper stretching routines. These seminars are delivered to small groups, churches, community centers, non profit organizations, and in corporate settings.

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. Assist 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 • Worksite Wellness Facilitator • Faculty Member • WELCOA

Certified Professional Co-Active Life Coach • Coaches Training Institute™
Licensed Wellness Coach • WellCoaches™ (American College of Sports Medicine)
Certified Discipleship Life Coach • Blue Print for Life™
Certified Senior Fitness Specialist • National Academy of Sports Medicine™
Certified Pilates Instructor • PhysicalMind Institute™
Certified running Coach • Road Runners Club of America™
Certified NLP Practitioner • Global NeuroLinguistic Programming™
Leadership Training Retreats • Rapport Leadership International™
Effective Communication and Human Resources Workshop • Dale Carnegie Training™

PROFESSIONAL AWARDS AND RECOGNITIONS:

Gambit Weekly's "40 under 40" recipient 2009
Gambit Weekly "Best of" for outstanding personal trainer 2010, 2011, 2012
Interview appearances on WVUE TV and WDSU TV as a local fitness expert 2009 and 2010
Recipient of National Speakers Association conference scholarship from Speak America

PROFESSIONAL ORGANIZATIONS and MEMBERSHIPS:

International Coach Federation
ToastMasters International™
National Strength and Conditioning Association
National Wellness Institute
WELCOA • Wellness Council of America

MEDIA APPEARANCES:

Current contributor to Where Y'at Magazine online
4 appearances on the "504 with Sheba Turk" on WUPL (Local WWL affiliate)
4 appearances on "Workout Wednesdays" on WVUE (Local Fox affiliate)
2 appearances on the morning show on WVUE (Local Fox affiliate)
3 appearances on WDSU (Local NBC affiliate)
4 articles in Gambit Weekly
Educational seminars at local schools (Stuart Hall School for Boys & St. George Episcopal)
Fitness photo shoots in local news, bridal and fitness publications

REFERENCES AVAILABLE UPON REQUEST