

# CHRIS TRAFICANTE, ED.D.

## CERTIFICATIONS

- **Certified Level 1 CrossFit Coach**
- **45 years experience in Fitness and Nutrition**
- **35 years experience in Education**
- **Retired High School Basketball, Baseball and Football Coach**
- **3 year CrossFit Games Competitor**
- **5 year NYC Marathon Competitor**
- **CPR & AED Certified**



## BACKGROUND

With my extensive background in fitness and nutrition as related to weight control and optimal health, my approach to exercise is knowledge-based, functional and grounded in good research. Having completed the Level 1 CrossFit trainer program, which stresses functional fitness through rigorous exercise, I believe that this philosophy of fitness is the best approach for individual, no matter their skill or fitness level. People of all abilities are in CrossFit classes, and their ages range from teenagers to those in their 60s. As a former teacher, I bring a strong background of understanding how to best motivate and instruct beginner to advanced athletes.

## CONTACT:

**Contact Chris at (609) 898-1464 or at [traf51@msn.com](mailto:traf51@msn.com)**

**1 Sessions \$40**

**10 sessions \$350**