

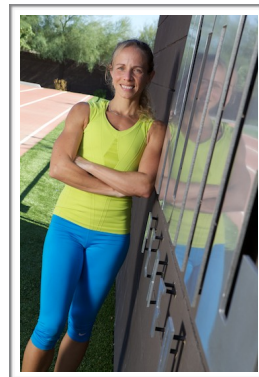


Marie obtained her Bachelor's Degree in Exercise Science from the University of Mississippi in 1998 and is also certified as an Exercise Physiologist with ACSM, the American College of Sports Medicine.

With over 22 years of experience, Marie has worked as a Health Coach and Exercise Physiologist at highly respectable health clubs such as Gainesville Health & Fitness Center in Gainesville, FL, The Sports Club/LA Irvine in Irvine, CA, The Ritz Carlton Hotel and The Players Club & Spa in Lely Resort in Naples, FL.

Some of her other certifications include:

- ACSM Certified Exercise Physiologist
- Gray Institute Foundations of Human Movement
- TRX Suspension Training
- Tactical/Military Fitness Training
- Spinning/Indoor Cycling



She offers a diversity of training programs ranging from Post-Rehab, Cardiovascular, Cognitive Function, Balance Training, Functional Training, Joint Mobility and Postural Alignment & Flexibility. Marie teaches how to leverage your body and mind for the success of your overall health and fitness goals.

Marie had the great opportunity to work with the ARMY National Guard by helping train recruits to get ready before going for Boot Camp, Basic Training or Deployment. In 2012 she brought her latest project Push 4 Troops. A charity event in which over \$139,000 were raised for The Special Operation Warrior Foundation.

Some of her accomplishments include becoming a finalist for the National EAS Impact Award. This gave her the opportunity to visit The Athletes Performance Center in Phoenix, AZ amongst other educational prizes. She has also been featured in Oxygen magazine under their Future of Fitness section.

As her training has evolved throughout the years, Marie has put more focus on her continuing education to be more specific towards the main demographic she works with, the Active Baby Boomer/Senior. As a result she has been able broadened her clientele and also have the opportunity to help people with Neurological as well as Orthopedic conditions.

Marie was born and raised in Puerto Rico and has always had a passion for training as well as human body movement. She runs with and trains her two four footed pals – an Italian Greyhound and Whippet. She enjoys spending time taking care of her orchid collection. Whether you are looking to improve your postural alignment, improve your cognitive function, increase your flexibility and joint mobility, need help after surgery or joint replacement, delaying the progression of a neurological condition or looking for a new challenge in your exercise routine, Marie can tailor a program just for you.

MARIE GILESTRA, ACSM  
Strong Mind Strong Body, by Marie  
Certified Exercise Physiologist  
239-699-8281  
[SMSBbyMarie@Gmail.com](mailto:SMSBbyMarie@Gmail.com)  
[www.SMSBbyMarie.com](http://www.SMSBbyMarie.com)

"It's About Changing Your Life!....And Achieving Your Personal Best!"