



# Exercise Specialist



## Emilio Abringe

Emilio has lived an active lifestyle since childhood. Since his involvement in high school athletics, Emilio has become hooked on the incredible energy and confidence high he obtains from achieving his fitness goals. Emilio obtained his education in the field of Physiotherapy. After working as a Physiotherapist in the Philippines for over 3 years, Emilio chose to change his career focus from rehabilitation to health and fitness. Although he enjoyed Physiotherapy, Emilio wanted to work with a more diverse group of clientele, not just those who required rehab. Emilio has been able to utilize his knowledge as a Physiotherapist to benefit his skills as a Personal Trainer. Emilio is a firm believer in prevention over correction and strives to teach his clients how to overcome their physical limitations enabling them to meet and exceed their fitness goals.

## Philosophy

I believe that exercise adherence decreases as program demand increases. The key to success is to start slowly and progress safely.

## Certifications and Education

- Registered Physiotherapist, Philippines
- ACE Certified Lifestyle and Weight Management Consultant
- ACE Certified Personal Trainer

## Additional Training & Qualifications

- Power stretching Certified

## Client Specialty Focus

- Weight Management
- Sport Conditioning
- Occupational related exercises
- Rehabilitation: Orthopaedic and Other Neurological Condition (shoulder, Neck, Back, Hip, Knee)

Words of Wisdom "Whatever you choose is what you receive."