

# **Ron Salvo**

## **Certified Personal Trainer**

### Background

Ron has been a resident of Pass-a-Grille for the past ten years. He is originally from New Jersey and is a former computer software industry executive, where he spent over 25 years managing global consulting businesses to Fortune 500 companies. He was always an active athlete through high school and college and understands the challenges of staying healthy with a busy career.

### Education/ Experience

Ron has a B.A. Degree in Business from Rutgers University and an M.B.A. in Finance from Fairleigh Dickinson College. Ron is now a certified personal trainer with the NASM (National Academy of Sports Medicine).

Ron made the decision to move into the Health and Fitness field to help others achieve their fitness goals while they balance their busy home and professional lifestyles. As a member of the St. Pete Maddogs, Ron is an active triathlete and has competed in many local events such as the Suncoast, Escape from Ft. DeSoto and Superbowl Triathlons. He is also an active practitioner of pilates and yoga.

### Personal Training

Ron utilizes an approach that integrates various forms of training as part of a progressive system. This includes Flexibility, Cardio respiratory, Core, Balance, strength and agility training.

He believes that in our daily lives we are faced with challenges in one or more of these areas. As a result, today's client requires a comprehensive fitness program whether they are a novice, a senior, an athlete or someone who has had prior injuries or health issues.

So whether it's losing weight, enhancing general performance, increasing lean muscle or improving a sports activity, there is an integrated solution that can be safe and effective for everyone.

