

# Shari Orlando

## Education:

- *B.S. Exercise & Sport Science*: Fitchburg State College

## Certification(s):

- *National Strength & Conditioning Association Certified Strength & Conditioning Specialist (NSCA-CSCS)*
- Adult CPR/AED certified

**Personal Training Philosophy:** “Exercise is fun! While not everyone may feel this way, not everyone has found the right system. My goal as a trainer is to discover the optimal approach for each client based on their goals, one that maximizes both effectiveness and enjoyment. After all, your new commitment should stay with you for a lifetime!”

## Contact Info:

- **Phone:** 508-212-8826
- **E-mail:** [shapewithshari@yahoo.com](mailto:shapewithshari@yahoo.com)