

# Personal Trainer & Fitness Consultant



## Jimmy Da Gata

After finishing his active duty tour with the United States Marine Corps he had a void he needed to fill. Jimmy knew he wanted to continue to help people, whether that takes the form of physically, emotionally, or mentally. He narrowed all of that down to being a Personal Trainer. Fitness always made him feel great, no matter what he was doing.

Jimmy is certified through the National Federation of Professional Trainers (NFPT). Coming from the military, his primary style of training uses a variety of functional movements that assist with everyday living, mobility, flexibility, and of course form. How you are lifting is more important than what you're lifting! He puts quality over quantity into each specific program and if you choose to train with Jimmy, you will be choosing a high quality program that is specifically designed to crush your fitness goals.

His ultimate goal is to help you feel better physically and mentally. He thrives off of seeing how his clients react to their weight loss or if they hit a new PR (Personal Record) on the bench press. He promises to help you not only reach your goals but to blow them out of the water.

### Qualifications:

- NFPT Certified Personal Trainer
- Resistance Training Specialist
- 10+ years of Calisthenics and Body Weight Training
- CPR and AED certified

**ALLSPORT**  
health & fitness

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