



Personal Trainer

Phil Toretta

I have been into fitness since I was in my early teens. The lifestyle has become part of who I am as a person. As a Personal Trainer I have worked with children as young as five, and adults as old as 85. In the short term, I work with my clients towards their personal goals, the reason for them coming to me. My long term goal is to promote an overall sense of health and well being. I work with them on creating a balance in their workout routine, and introduce them to new techniques and methods that will enhance their workouts, quality of life and self-esteem.

Current Certifications:

- ACE Certified Personal Fitness Trainer
- B.S. Psychology Fordham University
- M.S. Ed. in Counseling and Personnel Services
- Guidance Counselor
- CPR/AED/First Aid Certified, American Red Cross



Call Phil at All Sport Health and Fitness at 896-5678, ext.164 to set up an appointment. Frank can also be reached at Phil@allsporthealthandfitness.com

ALLSPORT
health & fitness

845.896.5678

17 Old Main Street, Fishkill NY

allsporthealthandfitness.com