



# Personal Trainer



## Rachael Sciullo

I am currently studying at Dutchess Community College, majoring in Exercise Science and Wellness. Fitness has always been one of my passions, and is a vital part of my life. I played varsity lacrosse in high school for three years. I am a certified Personal Trainer, and can help you achieve your goals, whether it is conditioning for your sport, losing weight, building muscle, or just looking to improve your overall health and mobility. I will work to help you burn calories in a fun and entertaining way, verbally motivating you to give 110% of your effort. This is more than just a job, it is a passion. I would love to work closely with you to fulfill your fitness goals.

Current Certifications:

- **Certified Personal Fitness Trainer**  
(National Council on Strength and Fitness Certified)
- **CPR Certified** (NCSF American Heart Association)

Current Studies include:

- Certified Sports Nutrition Specialist

Call Rachael at All Sport Health and Fitness at 896-5678, ext.168 to set up an appointment. Rachael can also be reached at [Rachael@allsporthealthandfitness.com](mailto:Rachael@allsporthealthandfitness.com)

**ALL'SPORT**  
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