

Justine A. Moore-Luparello

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www.designmyworkout.com

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Professional Profile

Personal Trainer of the Year 2010 (Millennial Status)

Personal Trainer of the Year 2009

Personal Trainer of the Year 2008 (Best New Trainer to Results Gym)

My expertise as a Personal Trainer, Fitness Nutrition Specialist, Co-creator of the Wise-About-Weight curriculum and Lead DC Facilitator for Wise-About-Weight makes me a well-respected member of the fitness community. Using subtle movement techniques, I correct my clients' muscular deviations, invigorate their body/mind connection and sculpt their bodies to promote authentic movement. As a Fitness Nutrition Specialist, I am able to give specific advice on macro nutrient intake to promote muscle gain and fat loss. As the Lead Facilitator for Wise-About-Weight I know effective behavioral change techniques which produce a lifestyle change. My Master of Fine Arts in Acting from Columbia University and skill as an author and playwright gives me the unique qualifications to effectively communicate health advice in effective and entertaining strategies to educate and improve the health of various audiences.

- Working as a Nationally Certified Personal Trainer (ACE) for the past eleven years.
- Working as a Nationally Certified Fitness Nutrition Specialist (ENW) for past the four years.
- Exercise Specialist and co-creator of the Wise-About-Weight curriculum.
- Lead DC Facilitator for Wise-About-Weight classes. *(Please see attached Express Article)*
- Creator of web-based exercise routine generator: Design My Workout.com
- Former Fitness Model and Professional Dancer
- Dedicated to enriching people's health through exercise and diet education.
- Professional Actor, Author and Playwright.

Education and National Certifications

Master of Fine Arts in Acting

Columbia University, New York, NY 1994-2000

Bachelor's Degree in Performing Arts with an emphasis in Dance

Minors in Outdoor Education and Environmental Studies

Prescott College, Prescott, AZ 1990-1994

Ecole International de Theatre Jacques Lecoq

Paris, France 1995

Nationally Certified Personal Trainer

American Council on Exercise #T60151 2001-Present

Nationally Certified Fitness Nutrition Specialist

Exercise and Nutrition Works 2007

American Dance Association

Duke University, Durham, NC 1994 (Ballet, Modern, and Jazz)

Dance Techniques

Ballet: 6 years, Modern: 6 years, Jazz: 3 years, Capoeira: 3 years, Belly Dance: 3 years

Professional Affiliations

- American Council on Exercise
- Exercise and Nutrition Works
- Linda Chester Literary Agency

Continuing Education Certifications

- Framework Alignment Specialist
- Body Mind Integration
- Zumba Instructor Certification
- Weight Training for Diabetes Patients
- Weight Training for Fitness Models and Athletes
- Weight Training for Seniors, Fibromyalgia Patients and during Pregnancy

Employment in Health and Fitness Education

Results Gym

Personal Trainer and Fitness Nutrition Specialist, 2008-Present
Washington, DC

- Trainer of the year 2010 and 2009, Best New Trainer to Results 2008. Body sculptor with special skills in assessing and teaching alignment correcting exercises to achieve optimal, pain-free posture. Teaching weight lifting, endurance, flexibility and balance exercises to create a healthy body. Years of expertise in helping clients of all ages with health issues including cancer, osteoporosis, diabetes, herniated discs, kidney transplants, spinal infusions, arthritis, asthma, heart disease, high blood pressure, and various joint and muscle injuries. Fitness nutrition specialist licensed to write diets for fat loss and muscle gain for all clientele including actors, opera singers, and athletes. Also works closely with many leading DC psychiatrists to help their patients struggling with sugar addiction.

Wise-About-Weight

Curriculum Design 2007

Pittsburgh, PA

- Created an effective and educational weight loss program which teaches proper nutrition, exercise and behavior modification for a healthy lifestyle. Designed a comprehensive, nine-week course with a team of doctors: a General Practitioner, two Psychiatrists who specialize in weight loss, two Behavior Coaches, and two Registered Dietitians. My input touched on all aspects of the program but I was the head of the exercise component.

Wise-About-Weight

Lead DC Facilitator, 2009-Present

Washington, DC

- Facilitating semester long courses and hour-long presentations on weight loss. Group size varied from five to fifty participants. Creating and using Power Point presentations to educate various and diverse audiences on nutrition, exercise and behavior change. Classes and workshops were done at: Fried Frank Law Firm, Whitman Walker Clinic, The Metropolitan Police Department, Nando's Peri Peri, Amideast, and Results Gym. Responsibilities also include training and managing the other DC Wise-About-Weight facilitators. Wise-About-Weight has a very high success rate and began at the Saint Clair's hospital in Pittsburgh. (Please see attached Express and Pittsburgh Post Gazette Articles)

Design My Workout

Designer of Design My Workout.com. 2007-Present

Washington, DC

- Exercise component of the Wise-About-Weight program. Design My Workout takes clients through a self assessment and rigorous intake process to generate workouts they can perform at home or in a gym. The exercises are all tailored to their level of balance, strength, flexibility and endurance and are safe for those with health issues.

Gold's Gym International

Personal Trainer and Fitness Nutrition Specialist, 2006- 2007

Washington, DC

- Top ranked trainer often in the top 3 money earners for the entire corporation. Specializing in fat loss, muscle gain and skeletal alignment.

Moore Personal Training

Personal Training Small Business Owner, 2001-2006

Santa Monica, CA

- Owner and sole proprietor of a personal training business with elite actor and professional athlete clientele. Many referred by Michael Thurmond, trainer for "Extreme Body Makeover." Teaching weight lifting, stretching, endurance and balance exercises to sculpt healthy, beautiful bodies.