



**METROWEST YMCA**

## **Personal Trainer: MAURO CICCARELLI**

### **EDUCATION & CERTIFICATIONS:**

**NASM – CPT Certification, National Academy of Sports Medicine  
CPR & AED Adult/Child Certification, American Heart Association**

### **ADDITIONAL WORKSHOP/ TRAININGS:**

**Personal Fitness Training Course , ASTF – Academy of Sports & Fitness Training**

### **EXPERIENCE:**

**I started working for MetroWest YMCA in October 2022.**

### **AREAS OF EXPERTISE:**

**My focus is on functional fitness for older adults. Functional fitness is exercises that represent everyday movements. They build strength, stability and mobility throughout the body that ready you for life's activities. We are getting older as a nation but that does not mean we can't stay healthy and active.**

### **PHILOSOPHY:**

**I am passionate about living a healthy active life style and want to help others feel the same way. I believe one of the main things that separate personal trainers and coaches from each other is their personality and their ability to make that personal connection. Remember that small changes become habits and habits become lifestyles; live a healthier lifestyle.**

### **HISTORY/ BACKGROUND:**

**I grew up in Bristol, CT (home of ESPN), moved to Massachusetts in 1985 and have been living in Ashland MA since 1993. I have recently made a career change to pursue my passion of fitness and wellness by becoming a certified personal trainer. Throughout my life I have participated in various activities such as road races, triathlons, mountain biking, rock climbing, Tai Chi, ballroom dance lessons, surfing, and hiking extensively throughout New England, along with many others activities.**

### **ACTIVITIES/ HOBBIES/ INTEREST:**

**Anything outdoors, spending time with my family, and listening to music.**

### **SOMETHING PEOPLE DON'T KNOW ABOUT ME:**

**In 2012 when I was 51 I talked all of my four older siblings into doing the Tough Mudder at Mount Snow VT.**

**Ready to get started? Fill out this form:**

**Personal Training Interest Form**