

Core Strength & Balance

Core strength and balance training helps one to achieve ultimate health and fitness. Improving core strength means to strengthen the abs and back with proper postural alignment. Working on balance and torso strength allows you to incorporate all your muscles while improving your posture for a dynamic workout.

Benefits of having a personal trainer

Lose fat

Tone or build muscle

Sculpt your physique

Have the shape you want

Get Stronger

Improve health & flexibility

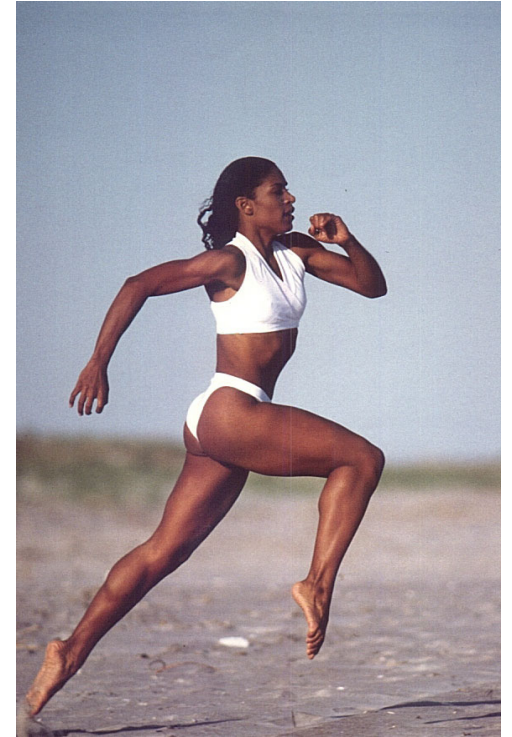
Prevent Injury

The aim of getting in shape is based on how healthy you are and how you look and feel. Whether your goal is to lose weight, reduce body fat, increase lean muscle tissue, sculpt your physique, have the body you've always wanted, improve your health or simply to enhance your quality of life. This means you can change your lifestyle by creating healthy habits. This can be achieved through a program that is designed personally FOR YOU!

Leslie is a certified personal trainer and has a home-based studio in New York. She grew up in Toronto, Canada and enjoyed a professional career in dance where she trained at the esteemed Alvin Ailey Dance Theatre. She received her Fitness Instructors Certification at New York University, and a BA in Health and Fitness Studies at SUNY. Leslie has developed an exercise program based on various techniques that she eagerly shares with her clientele on a daily basis in New York and Boston. Leslie also spends time empowering youth through various mentor programs. She was recently a consultant for the New York Knicks "healthy lifestyle clinics" teaching self-esteem to youth. She acts as a facilitator and mentor for various outreach programs.

"I have been personal training and teaching exercise for the past 10 years and take great pride in the progress and achievements of my clients as they continue to inspire me!"

....Leslie Salmon



Leslie Salmon Jones

Leslie Salmon Jones

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Personal Training

As a professional highly experience Certified personal trainer, Leslie will work with you one-on-one in a designated gym or in your home. You will receive and benefit from an exercise program that will be designed and implemented for you including:

Fitness Evaluation
Customized Exercise Program
Cardiovascular Conditioning
Weight training
Flexibility & Stretching
Injury prevention & rehabilitation
Core Strength & Balance

Fitness Evaluation

A fitness evaluation is based on a full body composition analysis, which includes: body fat, blood pressure, cardiovascular, flexibility, muscle strength and endurance testing. Each program is designed for the individuals body type, lifestyle and exercise ability and preference. The programs are also designed for people who have injuries and special needs. In safely guiding each client through the program, it allows him or her to execute precise and effective methods of reaching higher levels of fitness.

Customized Exercise Program

An exercise program will be personally suited for each individual based on his or her lifestyle and environment. Exercise programs can range from a weight lose program to training for a marathon. A program will be based on your

personal goals will include the five components of exercise:

Warm-up
Flexibility training
Strength training
Cardiovascular training
Cool down

It is important to follow these guidelines to prevent exhaustion and injury.

Cardiovascular Conditioning

Aerobic exercise helps you to burn fat and increase your metabolism and improve your cardiovascular capacity. This is done either on equipment such as stationary bicycle, treadmill or elliptical machine or by walking or jogging outdoors. The aim is to sustain the aerobic activity based on duration and intensity that is personally suited for your current fitness level. Based on your target heart rate, the program will be increased in increments to suit your cardiovascular goals. The benefits of aerobic activity help prevent obesity, lower blood pressure and prevent heart disease. Your and aerobic program, along with your diet will be the cornerstones of your fat loss plan. Created with you in mind and based on your current condition, goals, schedule, lifestyle and simply, what will work FOR YOU.

Weight Training

Whether a client wants to “tone” or “build” muscles will be determined by their specific body type and goals. These goals will be

achieved through various methods of weight training such as resistance training, calisthenics, isotonic, isometric and is kinetic contractions. Although weight training aesthetically changes your physique, there are also many other benefits of using weights. Including prevention of osteoporosis, improved endurance and motor skills, increases metabolism, lower risk of injury, strengthening of soft connective tissue to help increase your daily activities.

Flexibility & Stretching

Flexibility is the range of motion (ROM) available in a joint or group of joints Flexibility is improved by stretching the muscles that move a particular joint. Stretching can be done to warm up or cool down from a workout or other physical activity or during the performance of that activity. The benefits of stretching include increased range of motion, promotion of relaxation, correction of postural misalignment, improvement of coordination, balance and joint stability. Stretching can also help prevent back pain and other injuries.

Injury Rehabilitation and Prevention

Injury prevention can be enhanced by careful attention to exercise form, conditioning ones muscle and strength abilities, a gradual increases in workout intensity, stretching, cross training, improving core strength and stability and focusing on how you are going about your daily activities. Clients, however with injuries, are required to supply a written physician's clearance. Your fitness program will be coordinated with your doctor, physical therapist, occupational therapist, chiropractor, special nutritional counselor, and/or alternative medicine healthcare provider(s).