

Robert J. Bouee

Certified Master PPT, RTS, ETS, FTS, LMS, WMS, HWFS, SNS, SSCS, MES, E/FT, PSCS, PRCS

Objective

To utilize every aspect of my education and hands-on experience to enhance the quality of life for individuals by improving their physical fitness condition and to educate others to do the same.

Future Goals

Having successfully worked in the Health, Wellness and Fitness Industry for over **40 years**, I desire to use my years of experience, education, and vision to take Professional Personal Training, Exercise/Fitness Therapy, and Health, Wellness and Fitness into the next dimension.

Education

Studied for two years each in Sports Medicine, Exercise Physiology, Nutrition, and Rehabilitation at Syracuse University

First Degree Graduate of the National Federation of Professional Trainers (**NFPT**), Certified Master Professional Personal Trainer (**CMPT**), Resistance Training Specialist (**RTS**), Endurance Training Specialist (**ETS**), Functional Training Specialist (**FTS**), Lifestyle Management Specialist (**LMS**), Weight Management Specialist (**WMS**), Health, Wellness and Fitness Specialist (**HWFS**), Sports Nutrition Specialist (**SNS**), Sports Specific Conditioning Specialist (**SSCS**), Exercise/Fitness Therapist (**E/FT**), and Pre-Surgery Conditioning Specialist (**PSCS**)

Certified by the American Academy of Health, Fitness and Rehabilitation Professionals (**AAHFRP**) as a Post Rehab Conditioning Specialist (**PRCS**) and Medical Exercise Specialist (**MES**)

Certified First Class Graduate of **Bally's Exercise Kinesiology** and **Biomechanics Courses**

Professional Member of the National Strength and Conditioning Association (**NSCA**), the American Running and Fitness Association (**ARFA**), the Source for Fitness Professionals and Enthusiasts (**IDEA**), and the National Strength and Conditioning Foundation (**NSCF**) for over **20 years**

CPR, AED and First Aid Certified

Accomplishments

January 1, 1989 – Promoted to **New York State Representative** of the National Federation of Professional Trainers (NFPT) by Ron Clark, President of NFPT

January 1, 2008 – Promoted to **Certification Council Member** of the National Federation of Professional Trainers (NFPT) by Ron Clark, President of NFPT

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Designed, developed and personally oversees the **National Academy of The Personal Health Approach (NATPHA)**, offering **46** different types and levels of internationally recognized Professional Personal Training and Exercise/Fitness Therapy Certifications

Author of the series entitled “**Strengthening and Conditioning Your Body**” **Volumes 1, 2, 3, & 4**

Trained and certified over **1,500** Fitness Specialists, Professional Personal Trainers and Exercise/Fitness Therapists

Researched, wrote and designed **127 Exercise/Fitness Therapy and Rehabilitation Programs** which fall into the following two categories – **(1) Injury Prevention and Rehabilitation Programs for Bone, Muscle, and Soft Tissue Injuries** and **(2) Prevention and Treatment Programs for Chronic Conditions, Diseases, and Disorders**. These Exercise/Fitness Therapy and Rehabilitation Programs are recognized and approved by the Medical Field and reimbursed by Health Insurance Companies, Self-Insured Corporations, the Worker’s Compensation Board and Auto Insurance Companies.

Successfully implemented the **Exercise/Fitness Therapy and Rehabilitation Programs** at Frontier Communications Corporation, Gleason Works, Wegmans Food Markets, Inc., and the C.R.A. Corporation

February 22, 2002 – Presented with the **International Employee of the Year Award** by World Gym International and received with highest honors at the Arnold Swartzenagger Classic in Columbus, Ohio. The Joe Gold and International Employee of the Year Award is professionally considered the most elusive and prestigious award that the Fitness Industry has to offer.

Head Strength Coach, Fitness Consultant and Rehabilitation Specialist for all four of Rochester’s Professional Sports Teams for **12 years** – the Rochester Americans Hockey Team, the Rochester Raging Rhinos Soccer Team, the Rochester Rattlers Outdoor Lacrosse Team, and the Rochester Knighthawks Indoor Lacrosse Team

Experience

2013 to Present – Personal Training by Robert J. Bovee
Owner, CEO, President and Senior Master Professional Personal Trainer and Exercise/Fitness Therapist
Rochester, New York

2013 to Present – Brighton Personal Training, Health, Wellness & Fitness Center
Co-Owner, Senior Master Professional Personal Trainer and Exercise/Fitness Therapist Rochester, New York

2008 to Present – National Federation of Professional Trainers (**NFPT**)
Certification Council Member

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1995 to Present – National Academy of the Personal Health Approach (NATPHA)
Owner, CEO and President, Rochester, New York

1989 to Present – National Federation of Professional Trainers (NFPT)
New York State Representative

1989 to Present – The Personal Health Approach (PHA)
Co-Owner, CEO, President and Senior Master Professional Personal Trainer and Exercise/Fitness Therapist
Rochester, New York

2009 to 2013 – RAC Rochester and Buffalo Athletic Clubs
Regional Director of Education and Certification for all Professional Personal Trainers and Exercise/Fitness
Therapists for both the Rochester and Buffalo Athletic Clubs Regional
Advisor and Consultant to all Professional Personal Trainers and Exercise/Fitness Therapists for both the
Rochester and Buffalo Athletic Clubs
HMO Representative and Director of Design and Development for Corporate Health, Wellness and Fitness
for all Rochester Athletic Clubs

2004 to 2009 – PHA Health, Wellness and Fitness Centers
Co-Owner, CEO, President and Senior Master Professional Personal Trainer and Exercise/Fitness Therapist
Rochester, New York

1996 to 2007 – Rochester Americans Professional Hockey Team
Head Strength Coach, Fitness Consultant and Rehabilitation Specialist

1996 to 2007 – Rochester Raging Rhinos Professional Soccer Team
Head Strength Coach, Fitness Consultant and Rehabilitation Specialist

1996 to 2007 – Rochester Rattlers Professional Outdoor Lacrosse Team
Head Strength Coach, Fitness Consultant and Rehabilitation Specialist

1996 to 2007 – Rochester Knighthawks Professional Indoor Lacrosse Team
Head Strength Coach, Fitness Consultant and Rehabilitation Specialist

1998 to 2003 – World Gym
Senior Fitness Director, Advisor and Consultant, Rochester, New York

1996 to 2003 – Rochester Redwings Professional Baseball Team
Head Strength Coach, Fitness Consultant and Rehabilitation Specialist to the employees and front office staff

1996 to 2000 – United States Olympic Women's Fencing Team
Head Strength Coach, Fitness Consultant and Rehabilitation Specialist, Rochester, New York

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1995 to 1997 – Monroe Community College Mavericks Swim Team

Head Strength Coach, Fitness Consultant and Rehabilitation Specialist, Rochester, New York

1994 to 1997 – National Basketball Association - New York Knicks

Professional Personal Trainer to John Wallace, New York Knicks star forward and Rochester native