

My Training Philosophy

“The number one reason people do not reach their desired health and fitness goals is procrastination. If you are reading this, congratulations for coming down to Anytime Fitness and seeing us today. The hard part is over. Now the focus becomes consistency. By providing clients with a calendar for consistency and following up with the five components of fitness regularly, results are a guarantee and a new way of life has begun.”

Nutrition

Nutrition plays a huge role in any individual's health and fitness goals. In fact, if you do not change the way you think about and practice nutrition, you can expect to achieve only about 30% of your desired result. This is why Nutrition is the number one component when we talk about fitness. If we can make a change here immediately, it will set an energy that will drive your lifestyle change.

Cardiovascular Exercise

Cardiovascular work is the number one talked about activity to help strengthen your cardiopulmonary system and burn fat. But, just like an athlete would practice hours on end each day to train his body to become efficient at performing the necessary activities involved in his sport, your body will become accustomed to the same cardio activity over and over. This decreases the amount of calories burned during that activity. I use the F.I.T.T. principle to make

sure this does not happen to you. By changing the frequency (F), intensity (I), time (T), or type (T) involved in cardiovascular work, your body will always have to adapt to something different, therefore you always make progress.

Resistance Training

Using weights does two major things for us. One, and most thought of, is changing the aesthetics of the body (toning) and two is increase the amount of energy (food, calories) we need to maintain our current body weight. The obvious advantage to aesthetic change is that we become self confident and comfortable in our own skin. The most important thing, however, resistance training does for us is prevent the rebound effect of weight loss. You can lose any amount of weight by simply manipulating the nutrition and cardio components, but when your weight loss is achieved, you cannot make any mistakes with consistency in cardio workouts or with food. Having more muscle on your body solves this dilemma. The more muscle you have, the more food you get to eat. So, indulge yourself once in a while. With muscle, you won't wear it anymore, you'll USE it!

Supplements

Anytime you contract a muscle, vitamins and minerals are used. Therefore healthy, whole foods are always recommended to put these essentials back. The problem is that we cannot get all of the necessary vitamins and minerals from foods alone, so we need to add a multivitamin to make up the nutritional

difference. No matter what your health and fitness goals are, a multivitamin will ALWAYS be recommended daily. Supplements can also provide us with balanced, highly nutritious, convenient food choices that we would not necessarily give our bodies. If you are always on the go, and continuously make poor snack or lunch choices at work, or don't eat breakfast or snacks at all, supplements can give you what you need, when you need it.

ACHIEVE . . . SUCCEED . . .

FREE

Consultation

Personal Training is the fifth component of fitness. It is very easy to talk about the other four components and how to use them to benefit any individual, but it is practicing them that become difficult. We all have jobs and careers. No one really wants to sit down and do the research necessary to implement a plan for success using the components of fitness because it is time consuming and hard work. You already work, don't you? That's why the personal training industry is very important in aiding in your success.

It's our JOB! Using motivation, accountability, and science we can help you achieve any health and fitness aspiration and give you the basic tools you need to succeed further.

My Education & Experience



- Bachelor's of Science – Physics
- Strength and Conditioning Coach – NWMSU
- Professional Athlete – Baseball
- Personal Trainer – 3+ years of experience
- AED and CPR certified
- Hobbies include training, baseball, and running my online nutritional and fitness website.

“**MOTIVATION** is what gets you started.

HABIT is what keeps you going.”

-Anonymous



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Personal Training

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**Weight Loss, Lean & Tone,
Muscle Gain, Nutrition, &
Sports Performance**