



Ilene Bergelson

Certified Personal Trainer Professional Development Specialist

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Certifications

American College of Sports Medicine, Health Fitness Specialist
American Council on Exercise, Personal Training
American Heart Association, Health Care Provider: CPR and Basic Life Support
American Institute of Fitness Educators, Older Adult Training
CHEK Institute, Corrective Holistic Exercise Kinesiology Practitioner
CHEK Institute, Holistic Lifestyle Coach
Reebok University, Reactive Neuromuscular Training

Degree

NYU BFA, Drama, Founders Day Scholar & Highest Academic Achievement Award

Continuing Education Studies

Intensive workshops completed and experience working with:

- ∞ Training Post-Operative Breast Cancer Clients
- ∞ Post Rehabilitation and Medical Exercise, especially orthopedic implants
- ∞ Prenatal & Postpartum Fitness
- ∞ Exercise Programs for the Older Adult
- ∞ Spinal Stabilization Techniques
- ∞ Repetitive Stress Injury

Adjunct coursework includes Posture Analysis, Motor Learning, Trunk Stabilization Function and Development, Human Dissection, Nutrition, Balance Training, Swiss Ball Training, Myofascial Stretching and Soft Tissue Release, Post-Rehabilitation for Shoulder and Spine, Power Training, Gait Analysis and TRX

Complimentary studies include:

Natural healing/herbal medicine, Chinese Herbs and Healing Foods, Shamanic Energy Medicine, Feng Shui

Affiliations as Educator

ACE Faculty: Continuing Education Provider – design and lead workshops throughout the U.S. and abroad

AFAA: Continuing Education Provider

Can-Fit Pro: Continuing Education Provider for workshops in Canada

C.H.E.K Institute: Continuing Education Provider

Professional Memberships & Affiliations

Actors' Equity Association

AEA Committee for Workplace Safety

American College of Sports Medicine Alliance Member

Aerobics and Fitness Association of America

American Federation of Television and Radio Artists

American Society of Composers and Producers

C.H.E.K Forum for Practitioners (fitness and holistic health)

Dance USA Task Force for Dancer Health

IDEA

Screen Actors' Guild/American Federation Television and Radio Artists

Experience (contact for full list)

Presenter: ABC, ACSM Health & Wellness Summit, Club Industry, ECA/NYC, FitPro UK, IDEA

Educator/Consultant: NYU Graduate Physical Therapy Department, Bowskill Clinic (UK), C.H.E.K Europe, C.H.E.K Institute, Equinox Fitness, Focus NYC, Pershing Advisor Solutions, LLC, JCPR, Fresh Air Fund

Faculty member: ACE, Esquerre Fitness Group; please see *Affiliations as Educator* for full list

Prenatal/Postpartum Specialist and Educator for Equinox's GFIT, Clay, and Sky Fitness & Wellbeing

Prenatal/Postpartum, Professional Development and Mind-Body Expert for Esquerre Fitness Group

Series Creator: The Sport of Motherhood™, EmpowerSpeak™, Light Bytes™, Speak Success™,

Co-creator Posture Break™ workshops (as appeared on WB Morning news and numerous magazines)

Personal Trainer & Group Instructor: Programs specialties in general fitness, recovery/post-rehabilitation, prenatal/postpartum, older adult fitness, cultivating mind-body connection

History

Professional dancer/actor 20+ years (Broadway, National Tours, film and T.V.)

Dance teacher and choreographer at various locations throughout the U.S. since 1982

Professional actor and dancer since 1986

One on one and private group Fitness Coach since 1997

Ran the Jazz/Musical Theatre Dance Department for the International Brianski Summer Program, Skidmore College 1998

Personal Trainer and Group Fitness Instructor at Equinox Health Club, designed ongoing classes as well as workshop special events since 1998

Elite+ Trainer: top level PT for Equinox and recruited to create and teach workshop series for Equinox trainers 1999-2003 (sabbatical 2002)

Founded Lifemoves™ 2003: workshops launched the Individualized and Private Group Fitness Division

Launched Continuing Education Division, Lifemoves, 2004

Launched Continuing Education Coaching and Lecture Offerings, Lifemoves 2005

Created PowerSpeak and EmpowerSpeak™ Educational Programs 2006-2008

Launched Information Media Offerings and established Lifemoves™ Health LLC 2008

Created and Released Light Bytes Audio products 2008

Selected as Continuing Education Provider: Can-Fit Pro

Launched new Corporate Group Training Communication/Professional Development Programs 2009

Miscellaneous Information (partial list)

Filmed & Web Appearances: (as educator) Healthy Learning Videos - "Training for the Sport of Motherhood", "Speak Success: The Art and Skill of Reaching an Audience"; Lifemoves Health Productions; PTontheNet Channel; Best Practice Institute - "What Makes You an Expert is NOT What Makes You Interesting"

Audio Appearances: PTontheNet with Robert Cappuccio - "Communicating for a Change"; C.H.E.K Institute - numerous teleseminars, PPS Success with Paul Chek, Interview

Published: "Light Bytes: The Communication Collection" audio series; PTontheNet - "Loading for the Sport of Motherhood", "Rock the Podium", "Core for the Sport of Motherhood"; Club Success Magazine - "Training for the Sport of Motherhood"; PFP Magazine - "Ready to Rock the Podium", "The Public Speaking Payoff"; C.H.E.K Report - "Why Speak When It's So Scary?"; ECA Magazine - "Cuing the Mind-Body-Spirit Connection"; SIA Article Library - "Getting Rid of Trash Talk"

Contributed to articles: eHow, Livestrong, Health Magazine, Weight Watchers Magazine

As communication coach: Consults and works with all levels of management on content preparation, delivery, and interpersonal communication skill development. Specialties include coaching the development of individual leadership oriented speaking style, audience-centric content preparation/delivery and overcoming self-consciousness and anxiety.

As a fitness coach: Consults and works in conjunction with physicians, physical therapists or other rehabilitation professionals for post-rehabilitation protocols and transitional exercise. Experience working with conditions including cancer, surgical reconstructions, orthopedic implants, joint replacements, scoliosis, disc herniations as well as guiding many moms through their perinatal experience. Special emphasis on cultivating body awareness.