

Team Fitness America June 2010 Personal Trainer Of The Month Announced

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June 17, 2010 (FPRC) -- Team Fitness America announced their June Personal Trainer Of The Month out of New York City. Victor Motta, an ACE certified personal trainer, was chosen among the several hundreds of personal trainers that were eligible for the prestigious award. Motta is the first personal trainer at Team Fitness America to put New York on the map with the award.

Motta was nominated by each of his Team Fitness America clients along with the area's Fitness Director. He has mastered every requirement of Team Fitness America while going above and beyond their requirements for customer service skills. Motta started out five years ago at a local YMCA where he jumped right into training people with disabilities and learned to modify his routines to meet their needs. He moved on to an athletic club where Motta learned martial arts and boxing to add to his fast growing repertoire later finding himself earning at spot with Team Fitness America while broadening his horizons.

Certified through the American Council on Exercise (ACE), which is the oldest certification body in the nation, and also enrolled at Brooklyn College, where he is working on a Bachelors of Science in Exercise Science, Motta is well rounded. He combines his passion for helping others achieve their goals with his knowledge of both fitness and nutrition to create an amazing program for his clients. Motta has received notable client reviews and continues to show success with helping clients with their fitness goals, making him Team Fitness America June Personal Trainer Of The Month.

Team Fitness America offers clients the prospect to experience fitness training with one of their stellar personal trainers throughout 17 states. They started announcing a top Personal Trainer Of The Month to illustrate one fitness trainer's ability to provide not only a satisfying workout with measurable results but also great customer service. Each month they announced top personal trainers from places such as Philadelphia, Los Angeles, Baltimore, New Jersey, and Miami, but this month the city of Manhattan takes the first place prize from housing the top personal trainer.

"I have helped many of my clients lose weight or gain muscle mass through proper diet, aerobics, weight training, cardio and core exercises while following my beliefs that the human body was designed to move, be active, and mobile," said Motta.

"I enjoy working with people while helping them through injuries, illnesses and helping them improve their quality of life," added Motta.

"I believe that as long as a person is moving and getting some sort of exercise accomplished they are on the right path to healthier lifestyles while keeping technique and form as crucial components," said Motta, who always provides proper technique and can handle a broad range of clients.

Some New York Team Fitness America clients shared their thoughts and opinions about working with Motta.

“I loved working with him so much that I referred my sister and her daughter so they can benefit from the great program at Team Fitness America,” said Maria, a Team Fitness America client of Motta said.

“I loved training with Victor because he fits my skill level and fitness needs perfectly,” said Carmen, who is another Motta client.

“I was initially worried that an in home trainer would not be able to give me a great workout but Victor really made me feel great just after one session,” added Carmen.

Team Fitness America has a wide variety of affordable, certified personal fitness trainers that get the job done time and time again, but only one per month will be selected their top personal trainer.

Contact Information

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