

Sydney Reed

Education & Certifications

- B.A. Human Biology – Brown University
- B.S. Nursing – OCU
- NSCA – Certified Strength & Conditioning Specialist
- NETA – Certified Wellness Coach



Areas of Specialization

- Advanced Strength Programming
- Osteoporosis Prevention
- Fall Screening / Prevention
- Wellness Coaching

Fitness & Health Philosophy

“With 10 years of dedicated work experience in the medical and fitness realms, it has been my mission to put an end to rigid, quick-fix dieting practices and dangerous fitness gimmicks. I utilize a multi-faceted, research-based approach to training that is holistic in scope. I not only address training, nutrition, and advanced lifting dynamics, but I also concentrate on muscle imbalances, disease prevention, reducing injury risk, and alleviating pain. So, if your goal is to gain muscle, shed stubborn body fat, improve athletic skill, or just get moving better, I have the experience, competence, and professionalism to help you accomplish more than you ever thought possible!”

Fitness & Health Accomplishments

- National Football Foundation College Hall of Fame Inductee
- New Haven Athlete of the Year
- Multiple Tough Mudders and Spartan Races