

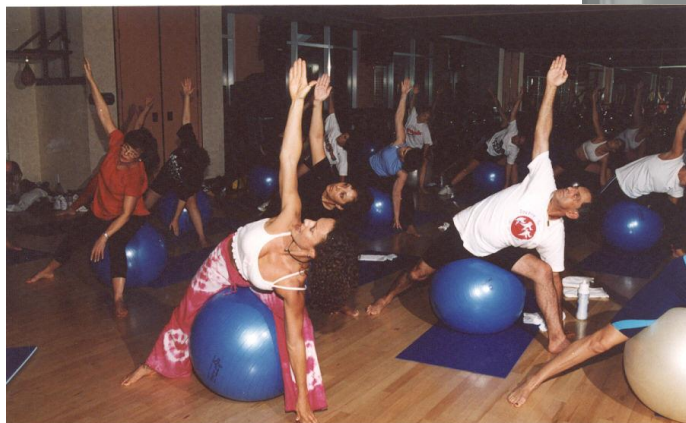
International Fitness Educator and Holistic Lifestyle Coach, Adita Lang, BS, CPT-CES, HLC



Professional Fitness, Inc.
and Nutritional Brilliance
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Fitness Educator on Anatomy, Biomechanics, Yoga, and Pilates

Fierce4 Fitness
Aquatic Exercise Association
IDEA
Evolution Fitness
International Sports Conditioning Association
YMCA's of America
Congreso Internacional, Chile
The National Academy of Sports Medicine,
USA
NASM, Hong Kong
II Congreso Internacional de Aerobica, Spain
III Central American Convention, Costa Rica
Buen Dia Maria, Argentina
Centro Sportpiu, Italy
International Esthetics Convention
ECA, New York
And many more world wide



ADITA YRIZARRY-LAND
FIERCE4 Wellness Director



Past and Present Faculty
Member:
AFAA
ACE
NASM
ISCA
Fierce4 Fitness
Reebok International
Spri Products

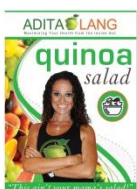
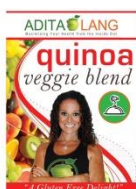
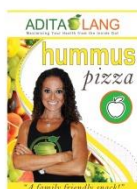
Organic Nutrition and Wellness Coaching, Videos, Seminars, and Workshops



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Clients Include:
FitFusion
YouTube
Corporate Seminars and Retreats
International Resort Spas
Fitness Conventions
Private Seminars and Workshops

All in Spanish and English

Adita Yrizarry-Lang

Curriculum Vitae and Bio



Adita Yrizarry-Lang is a SuperPower aficionado and mother of 2. Her “Journey” started as a fitness instructor 30+ years ago. Since then, she expanded her endeavors, from a biomechanics and resistance training expert to nutritional guru, mind-body coach, author of ***SuperPowers, A Busy Woman’s Guide to Health and Happiness***, and women’s advocate for healthy living. Adita holds a degree in Holistic Nutrition, is a Lv3 Holistic Lifestyle Coach through the Chek Institute, and has been accredited by several health organizations. She has trained thousands of fitness professionals’ worldwide and often speaks at schools, Fortune 500 companies, and private organizations on the benefits of quality foods, longevity, and amazing health.

Adita’s mission...encourage individuals to live Inspired. She wants to bring out the challenges and offer solutions to make SuperPowers shine and life thrive on!

Her Specialties Include:

Nutritional Coaching
Cooking
Food Plan Set-ups and Design
Exercise Manual Development
Fitness Certification Design and Development
Exercise Video Biomechanics
Ghost Writing
Blogging
Public Speaking

Adita Yrizarry, Lang – Curriculum Vitae (rev. 2018)

Education

University of Texas, Austin, TX 1985

Certificate Program: Fitness Instructor

Areas of Concentration: Exercise Physiology, Biomechanics, Exercise Testing

University of Miami, Miami, FL 1988

Certificate Program: Advanced Health & Fitness Management

Areas of Concentration: Exercise Physiology, Kinesiology, Sports Nutrition, Anatomy, Gross Anatomy, Exercise Testing

National Academy of Sports Medicine, Chicago, IL 1992-1996

Faculty Member and Educator

Areas of Concentration: Anatomy, Biomechanics, Balance and Stability Training, Program Design

Staff Educators: Dr. Mark Slavin, Tom Pervis, Mitch Simon, John Blievernich

Focus on Fitness, Oklahoma City, OK 1997

Exercise Prescription and Hands-On Updates – 12 credit hours

Staff Educators: Tom Pervis and Mitch Simon

Clayton College of Natural Health, Birmingham, AL 1998

Bachelors of Science Degree (High Honors) in Holistic Nutrition

Areas of Concentration: Vitamin and Mineral Supplementation, Herbology, Enzyme Nutrition, and Food Nutrition

Honors Thesis: Organic vs. Non-Organic, Is your Families Health Worth It?

Polstar Education (Pilates Based Rehabilitation), Miami, FL

Polstar Mat Technique with Props, 1998 – 8 credit hours

Polstar Theory and Balanced Body Mat Technique, 1998 – 8 credit hours

Approach to Rehabilitation in the Polstar Environment, 1998 – 16 credit hours

Polstar Approach to Spine Rehabilitation, 1998 – 16 credit hours

Polstar Education Rehabilitation Curriculum R1, 2000 – 24 credit hours

Aaron Mattes, Ft Lauderdale, FL 1999

Active Isolated Stretching – 24 credit hours

The Athletic Institute, Focus on Function 1999

Kinetic Chain Assessment – 8 contact hours

Staff Educator: Micheal Clark

The Chek Institute, San Diego CA 2009 - 2011

Holistic Lifestyle Coach Level One – 30 contact hours

HLC Level Two – 45 contact hours

HLC Level Three – 50 contact hours

Primary Educator: Paul Chek and Staff

American College of Sports Medicine 2014

Exercise is Medicine Credentialing Certification – 24 contact hours

Additional Education through the following Educators:

John Blievernich

Bob Esquerri

Dr. Len Kravitz

Barron Baptist

Juan Carlos Santana

Rodney Yee

Nancy Clark

Dr. Joe Dispenza

Yearly Health and Fitness Conferences throughout the country 1985 – Pr.

Health Club Teaching Experience

1984-Pr.: Teaching both Group Exercise and Personal Training in 10 countries and over 300 facilities. (Club listing available upon request)

Accreditations

The Cooper Institute for Aerobic Research – Group Exercise Leader, 1985

Aerobic Fitness Association of America (AFAA) – Aerobic Instructor 1985, Step Instructor 1987, Personal Trainer, 1990 - 2009. AFAA Consultant 1991-2010. Continuing Educational Provider 1991-2012. (27 years)

National Academy of Sports Medicine (NASM) – Advanced Level Personal Trainer, 1992 - 2012. Faculty Member 1992-1996, US and Spain. Continuing Educational Provider 1992-2010. (18 years)

American Council on Exercise (ACE) – Personal Trainer, 1992 - pr. ACE Faculty 1992-pr.

IDEA Master Level Personal Trainer, 1999 – pr.

International Sports Conditioning Association (ISCA) – Kick Boxing , 1997 and Personal Trainer, 2000 – Pr. Educational Director, 2001 – pr.

The Yoga Alliance – Registered Yoga Teacher 500 Hour, 2002 – 2008.

The Islander News 2004 “Key to the Best Fitness Trainer” Award

National Academy of Sports Medicine (NASM) – Corrective Exercise Specialist, 2008-2013

The Chek Institute – Holistic Lifestyle Coach Level 1, 2, & 3 –2009 – Pr

Mindful Kids Miami – Instructor Certification - Adv. Lv 2018-Pr.

Positions Held

Health Coach and Educator – CIGNA, East Coast Programming 2015 – Pr.

Consultant/Owner, Professional Fitness, Inc., Miami, FL, 1986 – Present
Health Club and Spa development, design, opening operations, staff training and management. Corporate Fitness program development, consumer education, club design and set-up. Equipment selection, purchasing and development for corporations, health clubs, and consumers. (Client list available upon request)

Educator, Professional Fitness, Inc., Miami, FL, 1986 - Present
Customized educational programs for health club staff in the US and abroad. Areas of concentration are Anatomy, Biomechanics, Balance and Stability Training, Special Populations, Pre and Post rehabilitation, and Nutrition. (Client list available upon request)

Owner, Nutritional Brilliance, Key Biscayne, FL 2008 – Pr
Nutritional Programming dedicated to the growth and development of children, adults, and families. This involves lectures for both parents and teachers, school newsletter articles, school lunch and snack program re-design, overall nutritional education with collateral materials, blogs, and YouTube Channel.

Faculty Member: ISCA 2000 – Pr.,

Director of Lifestyle and Wellness – Fierce4 Fitness 2011 – Pr.

Expert Witness for Fitness and Health related law cases – 2000-Pr

Club Director

The Broadway Workout, San Antonio, TX 1984 – 1986

The Spa at Williams Island, Aventura, FL 1990 – 1991

The Villa Grande Club at Porto Vita, Aventura, FL 1998 – 2000,

Owner, Inner Strength Studios, Key Biscayne, FL 2004-2011

A studio dedicated to customized restorative and corrective fitness training and nutrition

Judge, National and International Aerobics Championships, 1987 - 1998

Director of Programming, For a variety of clubs throughout South Florida 1988 - 1999 Club List includes: Allstar Fitness, The Biltmore Fitness Center and Spa, The Intercontinental Hotel, The Fitness Company, and Various Community type organizations (including both Aerobics and Personal Training). Staff size ranging from 10 – 35.

EMG Technician, Professional Fitness, Inc., Miami, FL, 1993 – 2001

Electromyography Testing with a 2 lead EMG to measure electrical activity in muscle tissue during exercise. Used to understand alignment and range of motion in relation to muscle fiber recruitment. In addition, we use this technology to validate exercise machines and the exercises that are recommended for those machines.

Aquatic Exercise Association, AEA, 2004 - 2012
Certification Administration Board of Directors, Certification Oversight Committee

Print

SuperPowers, A Busy Woman's Guide to Health and Happiness, Published by SuperPower Blue Print 2018

Fierce4 Fitness Nutritional Coach, Published by Professional Fitness, Inc. 2015

JNL Fusion Instructor Training Manual, Published by JNL Worldwide, Inc. 2013

Ghost Writer – Fitness Program Instructor Training Manuals, Product Information and Programming, Pamphlets, and Blogs 2000 – Pr.

Blog Publications – www.MiamiMomsBlog.com, www.AditaLang.com

Fitness "Q & A" Vitality Magazine and Fitness Magazine 1988 – 1990

"Spy Athlete" Florida Sports Magazine 1994 – 1997

"Exercise Analysis" Fitness Express and Shape Magazine 1994 - 1997

YogaBall Instructor Training Manual, Published by Spri Products and ISCA 1999

Les Nouvelles Esthetiques Magazine – various articles on Spa Business Development, Specialty Fitness Programming, and Business Innovations 1999 - 2003

"Implement Fitness into your Spa" Skin, Inc. September 2001

Fire Fighter Fitness Coach (co-author), Published by Spri Products 2003

International Sports Conditioning Association:
ISCA Pilates Mat Instructor Training Manual (English and Spanish) 2003
ISCA Pilates Mat Tech: Level One Home Study 2004
ISCA Jump Rope Tech Training Home Study 2004
ISCA Stretch Science – The Power of Stretching Home Study 2004
ISCA Pilates Level Two: Props and More 2008
ISCA YogaBall Level Two Home Study 2009
ISCA Personal Training Manual and Home Study 2011

YMCA Pilates Mat Instructor Training Manual, Published by Human Kinetics 2003

Channel, Ocean Drive, Spa Magazine, Shape Magazine, Self Magazine, Fitness Magazine, American Airlines Magazine, and Key Biscayne Magazine

Aquatic Fitness Professional Manual – 6th Ed., Nutrition Chapter, Published by Human Kinetics 2009

AKWA Aquatic Fitness Magazine, Nutrition and Lifestyle Articles 2008 – 2010

Video

FitFusion – Nutrition and Wellness Video Presenter 2014 – 2016

AditaLang.com YouTube Channel – Recipes, wellness, and more 2011 – Pr

YogaBall Music CD Published by Muscle Mixes Music 2000 - Product development and Endorsement

ISCA Pilates Mat Instructor Training Video, Published by Promise Enterprise 2004 – Product Development and Endorsement

ISCA Pilates Mat with Props, Published by Promise Enterprise 2004 – Product Development and Endorsement

Dynasu Product Endorsement and Exercise Development, Consumer based Video & DVD, Instructor Training Video & DVD and Instructor Manual 2004

The AB Balance Product Endorsement and Exercise Development, Instructor Training Video & DVD and Instructor Manual 2004

For Arms Instructor Training and Home Study Manual 2004

Ball Chair Product Endorsement, Video, DVD, and Exercise Development 2005

Dynasu Product Endorsement and Exercise

Past:

Creative Instructor Aerobics 1990

Home Front Fitness 1993 - Product Development and Endorsement

Fit For Travel, Published by Spri Products 1998 - Product Development and Endorsement

Crunch Fitness – Brand New Butt with Janis Saffell 1997

Fitness Daily's at Porto Vita 1989 & 1999 – Product Development and Endorsement

3 Minute Round with Thomas "The Promise", Published by Spri Products 1999

YogaBall, Published by Spri Products 1999 – Product Development and Endorsement

Public Speaking

Current:

Interactive Fitness Trainers Association (IFTA) – Fierce4 Fitness Nutritional Coach Certification Raleigh, NC 2014-Pr.

Fierce4 Fitness – Educational Presenter 2012 – Pr.

JNL Worldwide, Inc – World Conference, Miami, FL – JNL Fusion Primary Certification 2014

IAFC International Convention, 2003 – 2012: Educational Lecturer in the areas of Pilates, Nutrition, and Biomechanics

Evolution Fitness Conference, Boston, MA, 2004: Pilates and Props

Cal State University – Fullerton, 2005 & 2006: Pilates and Yoga Instructor Training

ISCA – Yearly Master Instructor Conference – 2000 – present: Yoga, Pilates, Personal Training, and Biomechanics
ISCA Pilates Mat and YogaBall Instructor Training Certification Courses – US & Abroad, 1999 – Pr.

ASK (Active Seniors of Key Biscayne) – Workshops on Nutrition, Exercise, and Lifestyle Advancements 2009 – 2015

Parent Lectures on Nutrition and Lifestyle - Sommerset South Miami Charter School, St. Agnes Catholic School, Plymouth Elementary School, Key Biscayne Presbyterian Church School, Key Biscayne Principals Coalition 2010 – Pr

UPS Corporate – Miami, FL Lectures on Nutrition and Lifestyle 2012 & 2013

Past:

IDEA International Convention, 1987: Aerobics Master Class with Ken Alan

Congresso Internacional - Sesamo Productions, 1991 & 1992 - Santiago, Chile, Step Training, Anatomy of Resistance Training

Buen Dia Maria – Fitness Exercise TV Show in Buenos Aires, Argentina – Co-Host, 1991

University of Miami Campus Sports & Rec., 1992 - Miami, FL: Step Training, Circuit Training

Universidad Metropolitana, 1992 - Santiago, Chile: Step Training, Biomechanics

Step Reebok Performance Team, 1992 – 1995 – Reebok Spokesperson and Educator

II Congreso Internacional de Aerobica – Orthos, 1993 - Valencia, Spain: Resistance Tubing Program Design, Step Training

III Central American Convention - ProAerobico S.A., 1993 - Costa Rica: Step Training, Biomechanics.

Centro Sportpiu, 1993 – 98 - Bergamo, Italy: Biomechanics, Balance and Stability Training, Step Training

Body Factory, 1993 & 1994 - Madrid, Spain: Step Training, Circuit Training

NASM/Asia, 1995 & 1996 - Hong Kong: Biomechanics, Balance and Stability Training

Multi-Spa Group, 1997 - Pr. - San Jose, Costa Rica: Biomechanics, Pilates Instructor Training, and YogaBall

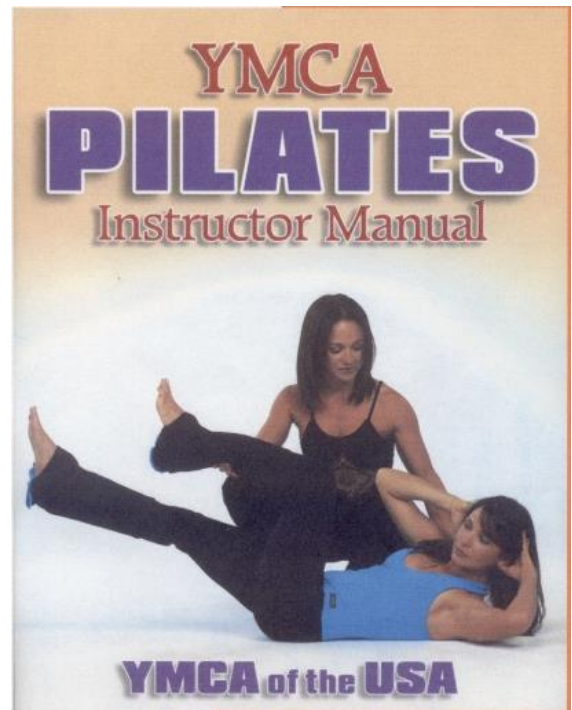
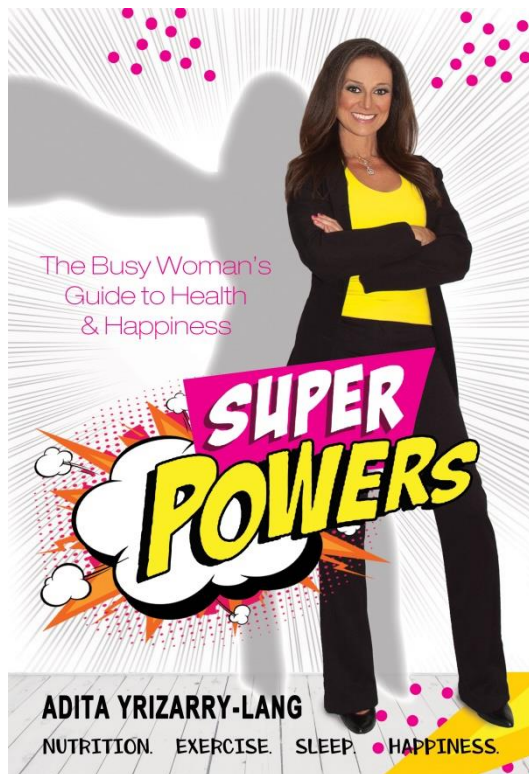
The Face and Body Show, 2001 – Santa Clara, CA: Fitness Programming for the Spa Industry

The International Esthetics Convention, 2000 & 2002 – Miami, FL: Fitness Programming for the Spa Industry

NEFC Atlanta, Houston, Boston, Portland, 2002: Pilates Mat Instructor Training, The Spirit of Yoga, Outdoor Boot Camp, Fit for Travel, Sculpt for the Soul, Body Bar Balance

ECA/New York, 2002: YogaBall

AEA Land and Sea: 4 City Tour, 2003: Pilates Mat Instructor Training, Resistance at Work, Sculpt For the Soul



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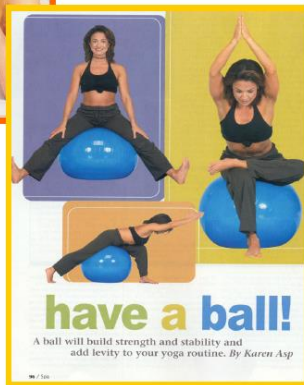




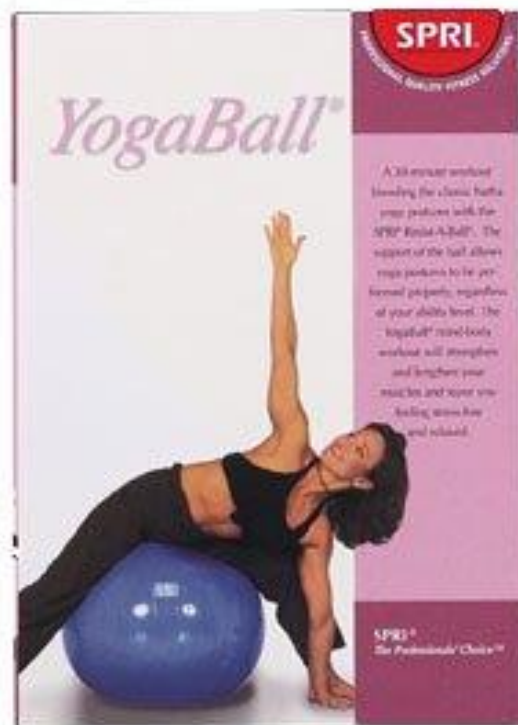
"In simple terms, the ball is a prop that allows you to achieve asanas, or poses, that are often difficult, especially if you're a new student."

"The average person has trouble mastering poses in yoga," says Adita Yrizarry, an international fitness consultant and president of Professional Fitness, who is introducing her YogaBall program to spas around the country.

"Some people may not have adequate balance, strength, or coordination to do asanas properly," she explains. "But when you add a ball, it acts as a stabilizer to help you maintain your posture."



A ball will build strength and stability and add levity to your yoga routine. By Karen Asp



YogaBall program founder teaches class at fitness center

Adita Yrizarry, BS, CPT, health club and spa consultant from Miami, will present an educational workshop for exercise professionals at 10 a.m. Saturday at The Center for Fitness.

Three hours of continuing education will be awarded the participants for studying creative movement programming design, assessment information to decipher and correct imbalances and restructure movement to help address misalignments of the body.

Yrizarry brings more than 17 years of experience to the health and fitness industry. She is both founder and president of Professional Fitness Inc. Yrizarry is internationally recognized as an educator and consultant to spas and fitness centers around the world. In addition, she is the creator of The YogaBall Program and Fit for Travel, as well as a master trainer for Resist-a-ball and Body Bar.

Yrizarry holds a bachelor of science in nutrition and is accredited by several internationally respected organizations, including NASM, ACE, AFAA and The University of Miami.

Description of workshop and class:

THE BALANCE OF FITNESS
"As fitness professionals, we are constantly trying to challenge the needs of our participants through creativity in movement and programming design," said Gail Sears, owner of The Center for Fitness. "This workshop is geared to both the personal trainer and the group exercise specialist, to provide you with usable assessment information that will help you to challenge each participant for their individual needs. Every participant we see has specific strengths and weaknesses that need to be addressed. With

time, we can aggravate and/or create an injury, or restructure movement to help strengthen the weaknesses for a successful training program."

Yrizarry works with balance boards, balance beams, swivel disks, foam rollers and an array



Yrizarry

of other tools to complete the "missing link" that can constitute a complete workout and physical assessment. In addition, there will be a hands-on portion to review everyday exercises and movements to help decipher and correct the imbalances, all at the same time.

The class is worth three hours of continuing education credit.

YOGA BALL MASTER CLASS

At 1 p.m., Yrizarry will lead a Yoga Ball master class. This class combines the disciplines of yoga, Pilates, and balance and stability training with the use of the Stability Ball. This program starts with a modified version of the Sun Salutations and moves on to postures that specialize in strengthening the core and supporting muscle groups. Participants will learn an array of movements that can be utilized in a YogaBall class or as specific applications to a personal training session. The program is designed to help the participant enter into yoga without the feeling of awkwardness, and on the same note, assists in progressing the student with movements at a much-accelerated rate as opposed to traditional yoga.

The public is invited to attend the Yoga Ball Master Class for \$10. Pre-registration is required so everyone will have a Resist-a-ball to use. Call 257-7070 for information.

