



## **AUDRA RAVO**

*Exercise Physiologist, Personal Trainer*

### **EDUCATION**

Ithaca College

-M.S. in Exercise Science/Exercise Physiology

-B.S. in Exercise Science/Premedical Sciences

### **CERTIFICATIONS**

AHA: First Aid/CPR/AED

### **SPECIALIZATIONS**

- § Muscular development and body fat reduction/weight loss through strength training
- § Sports performance improvement/Injury Prevention (e.g. basketball, baseball, softball, swimming, skiing, horseback riding)
- § Disease Management (Diabetes, Heart disease, Arthritis)
- § Childhood and adolescent weight management

### **BIO**

- § Program coordinator and exercise physiologist for Kidfit program
- § Instructor for the Peak Performance Sports Training program for improved sports performance and injury prevention
- § Teaches group classes including boot camp and core classes
- § Former basketball athlete and Collegiate Equestrian athlete
- § Accomplished horseback rider, competed successfully on the hunter/jumper show circuit at the national level
- § Assistant coach of the Ithaca College Equestrian Team