



JULIE JAROSZ
Exercise Physiologist, Personal Trainer

EDUCATION

Ithaca College
B.S. in Clinical Exercise Science: Focus Area
in Disease Rehabilitation

CERTIFICATIONS

AHA: First Aid/CPR/AED

SPECIALIZATIONS

- § Disease management (Type I & II Diabetes, Hypothyroidism, Arthritis)
- § Strength development and body fat reduction through circuit training
- § Cardiovascular risk reduction (Cardiac Rehab: Phases I through III)
- § Specific strength training for injury rehabilitation and prevention (joint replacements, fall prevention, athletic injury prevention)

BIO

- § Regularly participates in rollerblading, hiking in the Finger Lakes region, swimming
- § Teaches group exercise classes, including Boot Camp and ABBs
- § Cardiac Rehabilitation internship, CVPH Medical Center, Plattsburgh, NY