

# Anastasia Encarnacion

Posture and Gait, Post Rehab, Transitional Exercise and Mature Exerciser

Specialist

AquaFit founder, designer and program leader

**NASM Certified Personal Trainer**

**AEA Certified Aquatic Exercise Instructor and Aquatic Personal Trainer**

**Arthritis Foundation Aquatic Program Leader**

**Specialty certificates in: Sports Nutrition and Body Composition, Pilates Mat and Basic Equipment (Reformer (+Box), Chair, Cadillac, Mat + Springs), Brains and Balance Past 60, BackHab, Ai Chi level 1, Kettlebells and Group Strength Training. Plus hundreds of hours of continuing education credits over 16 years.**

Ever curious about how the body works or becomes dysfunctional, I research: body mechanics, kinesiology, edu-kinesiology, nutrition, differing training paradigms, the psychology of exercise, varied diagnoses and their training modifications and many other subjects. This is time well spent towards improving my student's and client's results! All the study leads to understanding the important exercise and fitness science behind: correct posture and gait mechanics, balance, flexibility, how proper breath technique can positively affect your workout and mind, the whys and hows of pre-habilitation before planned medical procedures, why it is imperative to integrate the body back into healthy movement patterns after rehabilitation in order to transition to a fully functional life, etc.

I used many athletic pursuits during my time at university as a way of de-stressing from academic rigor: martial arts, volleyball, swimming, water polo, ballet and yoga all added to my exercise menu, joining a lifelong love of biking, hiking and tree climbing. Specializing in myofascial reconstructive techniques, gait mechanics, posture and office ergonomics, I have been a certified bodyworker for 30 years, a group land exercise instructor for 32 and certified water exercise instructor for 16. Becoming a certified personal trainer and mat Pilates instructor in 2008 gave me the ability to concentrate more deeply with the client on their individual training programs and correct movement technique, especially as it applies to their everyday functional needs.

Whether on the land, in the water or a combination thereof, I offer safe, effective exercise programs in an encouraging and supportive learning environment to make the client's life **all** quality time!