

Edson Cuiriz



Fitness Philosophy

To me, fitness begins with the willingness to make a change. The impact that fitness has on oneself goes much further than just physical health; it also impacts mental, social, and psychological health. Fitness is about learning and improving, and with a strong foundation in anatomy, physiology, and biomechanics, I integrate research-backed knowledge to educate myself and those that I work with on the safest, most effective ways to improve overall health.

Areas of Expertise and Interest

Expertise:

- Integration of corrective exercises to address functional deficits
- Post-injury rehabilitation to return fully to activities of daily living
- Weightlifting for improvements in strength and muscle mass
- Incorporation of upper- and lower-extremity proprioceptive exercises to improve joint stability
- Inclusion of closed-chain kinetic movements to improve core stability

Fitness Interests:

- Transition from late-stage injury rehabilitation into performance enhancement
- Corrective exercises to address functional deficits
- Education of basic anatomy and biomechanics principles to teach clients lifelong skills
- Traditional bodybuilding exercises to build lean muscle
- Up-to-date evidence-based research to guide programming

Education and Certification(s)

Indiana University – Bloomington, May 2020

- B.S. in Athletic Training
- American Council on Exercise Personal Trainer, December 2020
- American Red Cross CPR/AED, February 2020
- American Red Cross First Aid, February 2020