

Rick D. Bovee

Objective

To educate individuals in the areas of Health, Wellness and Fitness while providing them with the tools necessary to enjoy a happier and healthier life.

Future Goals

With over 30 years of fitness program development and trainer mentoring, along with 20 years of general business operations, human resources, and education and financial management, I desire to continue to provide high quality training services while contributing to the growth and expansion of the fitness business model.

Education

Studied for two years in Management and Accounting and two years each in Sports Medicine, Exercise Physiology and Nutrition at Onondaga Community College, Syracuse, New York

First Degree Graduate of the National Federation of Professional Trainers (**NFPT**)

First Degree Graduate of the National Academy of the Personal Health Approach (**NATPHA**)

Certified Master Professional Personal Trainer (**CMPPT**), Resistance Training Specialist (**RTS**), Endurance Training Specialist (**ETS**), Weight Training Specialist (**WTS**), Functional Training Specialist (**FTS**), Lifestyle Management Specialist (**LMS**), Health, Wellness and Fitness Specialist (**HWFS**), Sports Nutrition Specialist (**SNS**), Exercise/Fitness Therapist (**E/FT**), and Pre-Surgery Conditioning Specialist (**PSCS**)

Certified by the American Academy of Health, Fitness and Rehabilitation Professionals (**AAHFRP**) as a Post Rehab Conditioning Specialist (**PRCS**) and Medical Exercise Specialist (**MES**)

Professional Member of the National Strength and Conditioning Association (**NSCA**), the American Running and Fitness Association (**ARFA**), the Source for Fitness Professionals and Enthusiasts (**IDEA**), and the National Strength and Conditioning Foundation (**NSCF**)

CPR, AED and First Aid Certified

Accomplishments

Guided the Personal Health Approach (**PHA**) into becoming the largest and most successful Professional Personal Training and Exercise/Fitness Therapy service in the United States

Established and expanded the Professional Personal Training services offered in various fitness centers by hiring and educating staff, creating individualized programs, and successfully transitioning the enhanced establishment over to the owners and management team.

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Recruited and trained over **500** Professional Personal Trainers and Exercise/Fitness Therapists

Professional Personal Trainer and Rehabilitation Specialist for over **30 years**

Rehabilitation Specialist for Wegmans Food Markets, Inc. and **Strength and Rehabilitation Specialist** for the United States Olympic Women's Fencing Team

Experience

2015 to present – Brighton Personal Training Health Wellness & Fitness Center

Owner – Operator
Brighton, New York

2013 to present – Personal Training by Rick Bovee

Private Professional Personal Training and Exercise Fitness Therapy
Brighton, New York

2009 to 2013 – **RAC** Rochester Athletic Club

Director of Professional Personal Training and Head Professional Personal Trainer
Henrietta, New York

2004 to 2009 – PHA Health, Wellness, and Fitness Centers

Vice President, Co-Owner, and Head Professional Personal Trainer and Exercise/Fitness Therapist
Rochester, New York

1989 to Present – The Personal Health Approach (**PHA**)

Vice President, Co-Owner, and Head Professional Personal Trainer and Exercise/Fitness Therapist
Rochester, New York

1998 to 2002 – World Gym

Assistant Fitness Director and Head Professional Personal Trainer, Rochester, New York

1995 to 1997 – Harro East Athletic Club

Assistant Fitness Director and Head Professional Personal Trainer, Rochester, New York

1993 to 1995 – Gold's Gym

Assistant Fitness Director and Head Professional Personal Trainer, Chili, New York

1991 to 1993 – Airpark Health and Fitness

Assistant Fitness Director and Head Professional Personal Trainer, Scottsville, New York

Rick D. Bovee

1987 to 1991 – Hercules Gym

Professional Personal Trainer, Syracuse, New York

1978 to 1987 – Professional Personal Trainer

Holiday Health and Fitness, Central New York

Cosmopolitan Fitness Center, Syracuse, New York

European Health Spa, Syracuse, New York

Pioneer Health Club, Syracuse, New York