Meet the Team

emotion

Anas Mahmoud

Exercise Physiology

M.S.Ed, c.s.c.s.

You feel better both physically and psychologically when you exercise because the brain chemicals responsible for your well-being are stimulated. When your body is healthy it also empowers the wellness of your mind. This happens also because exercise creates a mindfulness space through your breathing. I know that this level of well-being sounds unattainable, yet there is no better feeling in the world than helping someone achieve goals they never dreamed they could achieve. This is why I want to educate, empower, transform, and inspire people to live healthier, happier lives.

I hold a master's degree in Exercise Physiology from the University of Miami with specializations in Strength and Conditioning and sports Nutrition. I trained some of the best Collegiate, Professional, and Olympic athletes in the world during my time with the Strength and Conditioning staff at the University of Miami and Cornell University. I managed the nutritional intake pre/post workouts of the athletes to ensure that they were fueling and replenishing their bodies appropriately, facilitated the rehabilitation of injured athletes, and administered workouts for athletes training for the NFL Combine as well as the 2016 Rio De Janeiro Olympics.

I have worked with individuals of all ages and abilities with various conditions and goals. My extensive experience ranges from training children to closely-monitoring/administrating clinical exercise programs for patients who have had serious cardiovascular events, neurological issues, and various types of cancers.