



Personal Training Services Available at the BNL Gym!

Lisa Zimmerman is both a Medical Associate working in the Division of Neuroimaging in the Medical Department and a Personal Trainer certified through the American Council on Exercise (ACE).

THOUGHTS ON FITNESS

- Lisa's training philosophy is to help people bridge the gap between thinking about health and fitness goals to actually achieving them.
- She is a passionate advocate of health promotion and disease prevention.
- She believes that fitness is an integral part of one's health, wellness and longevity, not just an image.

QUALIFICATIONS

She is CPR certified, insured and also a member of the National Strength and Conditioning Association (NSCA), Greater Long Island Running Club (GLIRC) and Suffolk Bicycle Riders Association (SBRA).

Lisa has been providing expert fitness advice to clients of all ages in and around the local community as well as to members of the gym.

SERVICES OFFERED

- Recommended weekly workout schedule
- Cardiovascular fitness recommendations
- Weight training basics and recommended workout exercises
- Range of motion & flexibility testing
- Cardiovascular fitness testing

CONTACT INFORMATION

(631) 988-2984 or email at LVZimmerman@optonline.net