

Sharon Frazier

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Sharon Frazier is founder and CEO of Unimotion™ Fitness, a company she founded in 1988. She has been a personal and therapeutic fitness trainer for twenty years, serving her clients working with Unimotion™ techniques in a variety of home, office and outdoor settings.

Experience

- 2000 Beth Israel Medical Center, NYC: Movement and dance therapy with occupational therapists.
- 1999-2000 Beth Israel Medical Center, Petrie Division, NYC: Trainer in physical therapy and rehabilitation department.
- 1997-1998 Physio-Sports Center for Physical Therapy, NYC: Three internships.
- 1992 Mt. Sinai Hospital Sports Therapy Center, NYC: Assistant to physical and occupational therapists.
- 1986-1987 Special Olympics Qualifiers, Private Trainer, "Handicapped Wheelchair Running Program."

Education / Certifications

- Louisiana State University, BFA, minor in dance and dance therapy
- 2005 New Strategies in Post-Rehab for Back, Shoulder, Knee and Hip Injuries. Exercise for Neuromuscular Disease and Cardiac Rehab. *Exercise ETC Inc., NYC*
- 2005 Therapeutic Exercise for Knees, Back, Hips and Shoulders. *IDEA, Personal Trainer's Summit, NYC*
- 2004 Stott Pilates Core & Foam Roller, Postural Imbalances, Yoga. *IDEA, Personal Trainer's Summit, NYC*
- 2003 Stott Pilates Mat. Pilates on Fifth, Pilates Center of NY, Inc.
- 2000-2001 Internship on Traditional Chinese Pressure Points, *Doctor of Chinese Medicine, Sifu Chen Wai Gun, NYC*
- 2000 New Developments in Rehabilitation. *IDEA National Conference, Baltimore, MD*
- 1999 Shoulder and Knee Rehabilitation Exercises. *Equinox Health Club, Physio-Sports Center, NYC*
- 1999 Facilitated Stretching, PNF Therapy Stretching. *Progressive Education and Equinox Clubs, NYC*
- 1998 Pre- and Post-Natal Exercise, Judith Tupler. *Maternal Fitness, NYC and Equinox Health Clubs, NYC*
- 1997 Equinox Personal Trainer Certification
- 1993 American Council on Exercise (ACE) Certification
- 1992 Marymount Manhattan College, NYC. Personal Trainer Certification
- 1986-1989 Laban/Bartiniéff Institute of Movement Studies: Anatomy and Kinesiology, Movement Analysis Certification

Additional Personal Training / Movement Therapy

Joan Pagano Total Fitness, Master Trainer and Movement Therapist
Equinox Health Clubs, Master Trainer and Movement Therapist
Yorkville Total Fitness Center, Private Trainer, Abdominal Classes, Weights for Women

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Personal Training / Rehabilitation Therapy Details

BETH ISRAEL MEDICAL CENTER, NEW YORK, 1999-2000: Assisted occupational therapists Alyssa Fry, M.A., OTR/L and Jane Gaitanis, M.A. OTR/L to further develop the idea of using movement for rehabilitation, helping those patients that had chronic pain, limited mobility, and neurological limitations. Blended therapeutic exercises, dance movements, and relaxation techniques.

EQUINOX HEALTH CLUB, NEW YORK, 1996-1999: Master Trainer with a focus on post-rehabilitation and dance therapies for a range of clients, including professional athletes and adults with neuromuscular disabilities such as multiple sclerosis (MS). There, she started a pilot program to develop strengthening programs for the MS population.

JOAN PAGANO FITNESS GROUP, NEW YORK, SINCE 1998: Conducted private home training with Joan Pagano.

PHYSIO-SPORTS CENTER FOR PHYSICAL THERAPY, NEW YORK, 1997: Obtained internships at this physical therapy center, where she participated in development of new orthopedic and neurological recovery training programs under the guidance of physical therapists. Her experience includes movements with resistance training and flexibility for breast cancer survivors, and post-rehab programs for in-home clients after physical therapy.

MUSCULAR DYSTROPHY SOCIETY, NEW YORK, (need date): Developed sport-specific training programs for people with special needs; movement, balance and strength programs for people with muscular dystrophy.

YORKVILLE TOTAL FITNESS, NEW YORK, 1996: Started this gym's first free weights program for women, *Strength Training for Women*. *Strength Training for Women* consisted of how to safely use smaller weights and how to make modifications to the equipment to better suit women's bodies. Also trained a group of women athletes, who were preparing for Special Olympics Qualifiers in Seoul, South Korea.

MT. SINAI SPORTS THERAPY CLINIC, NEW YORK, 1992: Worked with occupational therapists. Participated in a pilot program integrating movement with therapeutic exercises, including water therapy.