

DAVID COHEN

David was born in Yonkers, NY and has been active from day one! His daily activities include playing football, doing Judo and gymnastics. He started his career in Fitness in 2004 when he realized he couldn't physically keep up with his kids. That was the moment he knew he wanted to change his lifestyle. After losing 45 pounds in less than a year, David decided he wanted to help others do the same! In 2005 he became certified in Personal Training through the American Council on Exercise (ACE). He later obtained his Advanced Health and Fitness Specialist Certification in 2008.

David loves to help make people better about themselves, get more enjoyment out of the lives and assist them with staying healthy. When he's not training, he teaches Pilates and Tai Chi Ch'uan and FaKung. David is also pursuing a degree in fitness promotion and business management. When David isn't working or studying, he enjoys fishing, hiking, and viewing good movies with his wife, Chris.

