

AAUW Santa Maria Branch Blog – October 2019

Healthy Minds, Healthy Bodies

Our members are invested in living their best lives, and to that end many engage in exercise programs. Member Barbara has been having a wonderful physical improvement program with a special nutritional consultant and exercise trainer. She invited Sam Castellanos, CPT, owner of FITNESS INNOVATIONS to share his information with us.

Sam shared that he received his certification as an OPT Specialist and has been practicing as a personal trainer in the Santa Maria Valley for several years.

(from the NASM website):

The OPT Model, or Optimum Performance Training Model, is a fitness training system developed by NASM (National Academy of Sports Medicine). The OPT Model is based on scientific evidence and principles that progresses an individual through 5 (five) training phases:

- 1) Stabilization endurance
- 2) Strength endurance
- 3) Hypertrophy
- 4) Maximum Strength
- 5) Power

OPT Specialists help clients achieve their fitness goals, no matter what their age or athletic ability. They help clients from diverse populations reduce body fat, increase lean muscle mass and strength and improve overall health and performance.

Sam begins with a Kinetic Movement Assessment, then designs personalized programs for individuals, keeping focus on the 5 training phases.

“HEALTH IS NOT A DIET OR AN EXERCISE PROGRAM ... HEALTH IS A LIFESTYLE”

