

# Patty Forte'

## Fitness Forum Trainer Since 2004

Patty was born and raised in the Midwest; however, she moved to Arizona most recently from California. She has had 28 years of experience in the fitness industry.

In high school Patty participated in competitive swimming and diving, and she also contributed her time to several athletic activities. She began her professional career as a Registered Nurse after graduating from Mt. Sinai Hospital School of Nursing, Cleveland, Ohio and Kent State University in Kent, Ohio. After two back surgeries, she began her reconditioning with walking. Long-distance running followed shortly after, which then led to cross-country skiing, triathlon training, tennis, water sports, and whatever else she could get herself involved in. Her activities led her to teach "aerobic dance" and to instruct proper weight training techniques. It was then that she discovered her passion to help others achieve their personal fitness goals through education and encouragement.

Patty's present certificates include ACE Personal Trainer, ACE Group Exercise Instructor, AEA (Aquatic Exercise Association), Pilates Reformer, Mat Pilates, AFAA Yoga, and Precision Cycling. While working with a variety of populations and fitness levels, she has also worked with post rehab clients, instructing in both water therapy and functional fitness programs.