

H T I B E H B R H

Cat Fitzgerald

Founder of Hara Health, Cat has been servicing the Key Biscayne area since 1998, fulfilling residents training needs in Pilates, Martial Arts, Weight Training, and, most recently, Resistance Flexibility and Strength Training (RFST).

Cat has a B.A. in Anthropology and Dance from the University of Miami, with minors in Psychology, Gender Studies, and Marine Affairs. He holds Black Belts in Aikido - art in which he is a Master, Shotokan, Kagami, and TaeKwonDo and trains in Judo, Kali, Silat, Wing Chun, Jeet Kun Do, and Muay Thai Kickboxing. He has had the opportunity to train Military, FBI, CIA, and a number of Law Enforcement and Special Ops Teams in Close Combat, Weapons, and his collection of Martial Arts. He teaches Martial Arts under the Integrated Martial Arts banner.

Servicing an international clientele, including clients in Dubai, Switzerland, St. Tropez, Barcelona, Caracas, and London, Cat travels to clients' home base to provide his personalized brand of full body wellness. He specializes in conditioning, sports-specific training and enhancement, biomechanical upgrade, rehabilitation, and pre- and post-natal conditioning.

Most recently, Cat became certified in Resistance Flexibility and Strength Training, a modality created by Bob Cooley, author of *The Genius of Flexibility*. Cat is among a small handful of trainers within his organization trained hands on by the founder himself. In practicing RFST, he has been able to train numerous Olympic athletes, from various countries, in preparation for trials and competition, as well as professional athletes on the competition circuit.

Among them are Michael Gebhardt - 5 time Olympian and 2 time medal winner, Cat Garceaux - Canadian Gold Medal winner, and Sofia Bekatorou - Greek Women's Sailing Gold Medal winner just this year. The list goes on to include professional tennis players, skateboarders, snowboarders, golfers, martial artists, and windsurfers from around the world.

Cat has participated in several Olympic training camps and trials, assisting Olympic hopefuls with this new training methodology, including trials in California and an Olympian Training Camp in Costa Rica. Mr. Cooley himself has entrusted his personal training to Cat's capable hands, selecting him as his RFST Facilitator when he is in the Miami area.

Cat will be attending the 2008 Beijing Olympics this August to assist in the continued training of his competing athletes.

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Testimonials

Cat was part of my support team as a coach and trainer during my 6th Olympic Campaign. As a 4 time Olympic Medalist, it is awesome to find someone with Cat's level experience, commitment to excellence, and world class attitude to support me in my training modalities. He is a master martial artist, a very talented RFST expert, a very positive and uplifting guy, and his wife is pretty cool, too. Cat's continued drive to bringing out the best in athletes will ensure winning results and success in anyone's physical preparation... and you will be sure to laugh a lot along the way.

Thank you Cat!

Michael Gebhardt

U.S. Olympic Bronze and Silver Medalist in Windsurfing

As an Olympic Medalist in the sport of Synchronized Swimming, I can honestly say that I've gotten to know most modalities when it comes to flexibility, body work and strengthening. Introduced to RFST, I was blessed to work with Cat and absolutely loved my experience! Cat is dynamic, intuitive and most certainly holistic in his approach to helping his clients achieve a new level of body awareness, strength and flexibility. I would recommend his work to anyone, including high profile athletes of all sports!

With RFST, Cat helped me regain vitality from depleted adrenals, heal past overuse injuries while gaining new insights in the psychological domain and having a ton of fun. Yes! His work is that powerful!

Thanks Cat! Stay Golden!

Catherine Garceaux

2004 Olympic Gold Medalist, Canadian Synchronized Swimming

I have been managing chronic injuries from a history of multiple automobile accidents since 1992. Throughout the years, I have employed various modalities such as acupuncture, chiropractic, and massage therapy. When Mr. Fitzgerald introduced me to RST, I felt and observed remarkable improvements in my range of motion during our first session! There was also incredible release in my system. I began moving in a much more balanced and fluid manner. As a physician with 15 years of experience in holistic healthcare, for whom pain management has been a specialty, I will certainly recommend Cat and RFST to my own patients and friends.

Justin Newman, M.S., O.M.D.

Medical Director

The Banyan Institutes, LLC

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Testimonials cont.

I am a 44 year old martial arts instructor. When I recently tested for my 6th degree black belt, I was very worried about my body being able to withstand the punishment I knew was in store for me. Cat Fitzgerald offered to train me for the event. I was skeptical but gave it a try anyway. He worked miracles on my "broken parts" - my hamstrings, knees, back and left shoulder, enabling me to make it through the test and then some. In fact, even after the grueling 10 hour test, I felt better than I had in years. I still feel better three months later! I am a new believer in RFST and Cat Fitzgerald!

Master Jeff Wade, 6th Dan
Tae Kwon Do



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- ★ B.A. in Anthropology and Dance from University of Miami with minors in Psychology, Gender Studies, and Marine Affairs
- ★ National Merit Scholar Physics and Chemistry
- ★ Varsity Crew, Soccer, Volleyball and Track
- ★ Two time Soccer MVP
- ★ Began Martial Arts training in 1973
- ★ Certified in Aikido, Kagami, Shotokan, Tae Kwon Do, and Tang Soo Do
- ★ Full Instructor in Aikido - 1993
- ★ Trains in Judo, Kali, Silat, Wing Chun, Jeet Kun Do and Muay Thai Kickboxing
- ★ 9th Place in USAKF National Open Tournament in Kumite
- ★ Head Instructor University of Miami Aikido - 1992 - Present
- ★ Founded Neko No Dojo and Integrated Martial Arts - 1993
- ★ Obtained Pilates certification - 2001
- ★ Founded Hara Pilates - 2001
- ★ Certified in Resistance Flexibility and Strength Training under Bob Cooley - 2007
- ★ Danced for:
 - University of Miami
 - NWSA
 - Lodoño Dance Company
 - Barbara Frankfurt Company
 - Ballet Randolph
 - Mary Street Dance Company
 - P.A.N.
 - Jane Carrington and Dancers
 - Sung Tsu Ahn
 - Bill Evan