



John Ford
Health & Fitness
Specialist
Biography



Industry Experience: 8+ years

Education: B.A., Biological Anthropology, Harvard University

Certifications: Health and Fitness Specialist – American College of Sports Medicine

John Ford during his time at Harvard focused his energies on learning about the evolution of human bodies and movement, specifically with how it relates to present day sports performance. His studies were augmented with his time as a 3-year member and varsity letter winner on the Harvard Track & Field Team. As a lifelong athlete, he's played and still enjoys playing basketball, football, tennis and soccer. And while sports and fitness have always been a large part of his life, a brief amount of time with him will show a variety of interests, including the arts, theatre, literature and the social sciences.

Upon graduating, John worked for the prestigious New York City personal training firm, DEFINITIONS, where he became an ACSM certified Health and Fitness Specialist. Since that original start, John has worked as an independent Health Consultant

Client Populations/Philosophy

John preaches to his clients that fitness should be a lifetime goal. And to accomplish this he specializes in designing programs to be integrated into clients' lives for the long haul, whether that's a young athlete, or an older client looking to maintain strength, flexibility and mobility.

His programs are designed to accomplish client goals through targeted periods of strength, cardiovascular and metabolic conditioning.

He has worked with a variety of clients, from children to the elderly, with significant clinical work with middle-age professionals and athletes. He's trained people with ailments ranging from Lymes Disease, to Pacemakers, to knee reconstructions, hip replacements, and shoulder and back injuries.