

Personal Trainer Profile for I.D.E.A.L. Magazine

Name: Kristen E. Mello

Education: Bachelor's of Science in Kinesiology-
Graduated cum laude from RI College in 2010.

Certifications: American College of Sports Medi-
cine Certified Personal Trainer American Heart As-
sociation Certified First AID/ CPR AED

Location: Warwick, RI

Name of Writer: Miguel

Please provide a brief background of yourself. If
you have a website and are on any social media
outlets, such as Facebook, Twitter, etc., please
provide those as well.



I am the daughter of Paula and Henry Mello and have one older sister Jennifer. I am engaged to longtime best friend Ken, and we reside in our home in Warwick with our cat Mo. I enjoy kayaking, camping, swimming, fishing, cooking and reading. I love bluegrass and folk music and often explore food and wine tastings with my Ken. I work as a Health Fitness Specialist and group exercise instructor for Work-fit, the Amica Branch location as well as being a coach for the Special Olympics of RI, the Lincoln North star team. I am a member of the American College of Sports Medicine, New England Amputee Association, Faith Christian Church and serve as a patient advocate for RI limb Prosthetic and Orthotics, a company who greatly helps me achieve my personal and fitness goals with their quality prosthetic services.

1. What is your disability?

Congenital Right below the knee Amputee

2. How did you become disabled?

I was born without my right leg due to amniotic band syndrome, which restricted growth of my right leg during development. I received my first prosthesis when I was nine months old from Shriner's Children's Hospital in Springfield, MA. Shriner's helped mold and motivate me into a successful walker and athlete. Shriner's continued my care until the age of 21, where I became a patient of RI Limb.

3. How long have you been a personal trainer?

I have been working in the fitness field for over six years and have been training for three years.

4. Who is your clientele and where do you train?

I work for Work-fit, a company that services Sports medicine to corporate industries. I train executive clientele at the Amica Branch location in Lincoln, RI. I also train athletes who have various physical and developmental disabilities of the Special Olympics team in Lincoln in both track and field and basketball. I am proud and honored to train and serve my clients and athletes; they are the reason why I love my profession.

5. How did you get into the health and fitness field?

I have been an athlete my whole life and had strong passion for both the prosthetic and fitness industries. My passion and personal experiences fueled my decision to make it into a career. My mission is to

motivate others to live a healthy lifestyle and strive to reach their personal goals regardless of life's obstacles.

6. Have you trained yourself or any of your clients for competitions or sports?

Yes, I have trained others for marathons, warrior dashes and competitions in basketball, curling and track. I prepare the Lincoln North star athletes for the Special Olympic Track and Field Competition each spring.

I have trained myself previously for 5Ks, dance competitions and a Tough Mudder. I am currently training for a half marathon.

7. Where do you see yourself as a personal trainer in two to five years?


I hope to continue to help individuals' fitness and health goals become a part of their lifestyle. I wish not only to make a physical and physiological impact on my clients and athletes, but also empower a positive mentality.

I wish to further bridge the fitness world within disabled populations. I believe there is more to offer in that area and hope to use my experiences and further my education to become a Certified Inclusive Trainer, an ACSM certification that masters adaptive methods of exercise training for people with disabilities.






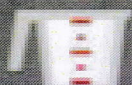






Healthy Substitutes in Seasonal Cooking



By Alicia Rogers

Baking is a huge part of the holidays. Making Christmas cookies and Pumpkin pie around Thanksgiving are a must in my house, so with the health kick I've been on, I'd decided to find a few substitutes for some major ingredients.



CHOBANI Kitchen

| ORIGINAL | CHOBANI |
|---|--|
|  1 cup butter |  1/4 cup Chobani + 1/2 cup butter |
|  1 cup oil |  3/4 cup Chobani |
|  1 cup sour cream |  1 cup Chobani |
|  1 cup mayonnaise |  1 cup Chobani |
|  1 cup cream cheese |  1 cup Chobani |
|  1 cup buttermilk |  2/3 cup Chobani + 1/3 cup milk or buttermilk |



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