



Myles Dias Fitness, LLC

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www.futureofseniorfitness.com

MYLES DIAS FITNESS HAWAII, LLC

FACT SHEET

About Myles Dias: Myles Dias has been involved in health and fitness for over 30 years as an athlete, trainer and coach. He has been certified for 10 years and has been a Master Trainer for five years. He holds certifications as a Certified Personal Trainer with the American College of Sports Medicine (ACSM) and the National Academy of Sports Medicine (NASM). In addition he holds specialty certifications as a Senior Fitness Specialist with NASM and a mixed martial arts conditioning coach (MMACC) with the National Exercise and Sports Trainers Association (NESTA). He is First Aid and CPR AED certified with the American Heart Association. 95% of Myles' clients are older adults ranging in age from 50 to 96 years old! He specializes in working with older adults that are 70, 80, and 90+. One of Myles' corporate accounts is Kahala Nui, owned by Kahala Senior Living Community, Inc. He has been the only authorized personal trainer on the property for the past four years. Myles Dias Fitness Hawaii, LLC is a Domestic Limited Liability Company that is registered with State of Hawaii, Department of Commerce and Consumer Affairs, has a Hawaii State Tax ID Number and is insured with Hoffman Insurance Services, Inc., underwritten by Philadelphia Indemnity Insurance Company. Visit <http://mylesdiasfitness.blogspot.com> and www.futureofseniorfitness.com for more information.

Myles Dias Fitness (MDF): The Vision: It is the vision of MDF to strengthen community awareness of the importance of senior fitness; to improve the health of older adults by providing top quality training and fitness services; and to encourage and support super seniors (ages 70 through 90+) in maintaining active, independent and high quality lifestyles.

MDF: The Mission: Myles Dias Fitness Hawaii, LLC provides safe, effective training programs tailored to individuals and groups to help them meet their goals and objectives whether to lose weight, gain strength, develop endurance, improve overall health, increase mobility, or simply feel better.

Myles Dias is available for personal training, speaking engagements, and fitness consultations for individuals and groups.