



# Michele Niles-Benedetti

FITNESS EXPERT

Michele Niles-Benedetti is a graduate of The College of William and Mary, with a BS in Kinesiology and a concentration in Exercise Physiology. While in college Michele was active in the Human Performance Lab, interpreting data and performing assessments. Since graduating, she started her own Personal Training business on Hilton Head Island and trained Grand Prix Level Dressage Horses. An athlete in her own right, she swam competitively for 17 yrs. on a National and Collegiate level, played Field Hockey and rode Hunter/Jumper Horses in VA. She continued to swim and play field hockey into College, but gave those up when she was awarded an academic ROTC scholarship. She helped design PT programs while she was with the ROTC as well as graduating from the Army's elite Airborne Training School in Ft. Benning, GA. She also helped coached her local swim team as well as being the Head Coach for the JV Field Hockey Team. Currently she is a Professional Mountain Bike Racer and Category 2 Road Racer and is the Director of the Peak Centre here on Hilton Head. She is ACSM certified and will be sitting in on the CSCS certification in the next year as well as working on getting her USA Cycling coaches licenses. Her passion is junior development and getting more girls involved in sports, especially cycling. She currently trains many of the Lowcountry's elite junior athletes.

Michele Niles-Benedetti: Michele holds a Bachelor of Science degree in Kinesiology from the College of William and Mary with a concentration in Exercise Physiology. She is ACSM certified and has spent the past three years studying under Dr. Al Reed of the University of Ottawa, a leader in the field of exercise physiology. Under Dr. Reed she has developed protocols and cardio programs for accurately assessing the general population on how to exercise more efficiently when performing their cardio activity. She continues to also work and assess athletes from junior development to the elite. As a former professional athlete, she understands the need for balance between "staying fit", reaching one's goals, and living a normal life.

Integrative Fitness Consulting (formerly Peak Centre of Hilton Head) offers an exciting new approach to exercise and healthy living. IFC utilizes cutting edge technology and proven methods of exercise, stretching and diet, to build a very specific, accurate and easy to follow program that will benefit people of all ages and sizes.

While most fitness programs use averages and indirect methods of assessing clients, IFC employs direct assessments to acquire specific measurements. Each body is different. The physiological profile for one 45 year-old, 195lb male/female can be very different from another male/female with same age and weight. Without a direct assessment, the males would be left to use a predicted training target heart rate. This method is only accurate for 10% of the population. Chances are one or even both males would not be working at an optimal rate.

The answers to healthy living are inside everyone. IFC can literally look inside your body to see how it responds to exercise. By taking a couple drops of blood during a 10-15 minute exercise workout, IFC can analyze the blood. Indicators and information in regards to how the body performs at different levels of exercises becomes apparent. This lactic acid test tells IFC which muscle fibers are being recruited throughout the levels of exercise. With this "snapshot" of your body, IFC writes an extremely accurate fitness program that focuses on your fitness goals. This test has been helping world class athletes for several years and its application for the general public is quickly becoming recognized. IFC is the first facility of its kind in the United States to use these methods and is leading the way in helping people from all walks of life improve their physical fitness.

The two programs IFC is currently offering are "TRANSFORMATION" and "MISSION POSSIBLE". Both programs begin with a fitness assessment and lactic acid analysis. A three month fitness program is then written utilizing the information gained during the assessment. IFC also provides a three day dietary analysis within the Transformation Program to help you understand your current diet and to recommend options that will forward your fitness goals. These programs are written by our exercise physiologist, Michele Niles-Benedetti and her staff of highly certified exercise consultants. These programs can be implemented at any fitness facility or within your own home. IFC helps people to focus on any number of fitness and healthy living goals. With golf and tennis being popular pastimes, IFC can write fitness programs that specifically address the unique needs of these two sports. If a person has another sport in mind, IFC will write a fitness program for that particular sport. IFC consultants have backgrounds in over 16 different sports and activities.

With life as busy as it is these days, time is not to be wasted. Our motto at IFC is simple "Work out smarter; not harder". Don't waste another day. Get on the road to healthy living.

#### WHAT IFC CAN DO FOR YOU:

- Provide a customized day to day training program for you
- Provide a precise aerobic training plan specific to your fitness goals
- Increase your body's ability to burn fat and build muscle
- Increase functional strength for daily activities, injury prevention, and conditioning
- Constant re-evaluation and adjustment of your training programs

Contact Integrative Fitness Consulting at (843) 422-3236 and discover for your self what they can do for you.

Work in college: Early intervention physical therapy with mentally and physically challenged children.  
Studied and analyzed Olympic Track and Field athletes to assist in improving the biomechanics of their positions.  
Worked under the Athletic Trainers for Fall and Spring sports.  
Head coach local JV Field Hockey team and assistant with local USA Swimming club.  
ROTC, graduate of Army's elite Airborne Training School Ft. Benning, GA.  
Worked with therapeutic Riding school in New Kent for internship.  
ACSM exam Sr. year  
Post College: Geriatric Rehab facility PTA, assisted in short term patients as well as long term Parkinson's and Alzheimer's patients.  
Barn Manager for Grand Prix level Dressage farm, worked on developing both horse and rider to be more fit and efficient.  
Johnny G certified.