

Scott Shelley, P.T.
Licensed Physical Therapist
Personal Fitness Trainer
President/Owner
Elite Health & Fitness Training, Inc.



Education:
Stockton College of New Jersey, Pomona, NJ
Bachelor of Science in Physical Therapy, June 1998
NJ State Licensed Physical Therapist

Experience:

- President/Owner of Elite Health & Fitness Training, Inc.
- Certified Personal Fitness Trainer through the American Council of Exercise (A.C.E.).
- Over eleven years of personal training experience working with clients of various ages and exercise backgrounds.
- Worked for two years as the supervising Physical Therapist of Kennedy Hospital's inpatient and outpatient departments in Cherry Hill, NJ.

Hobbies and Interests:

- Many forms of exercise including: ice hockey, rollerblading, golf, tennis, jogging and skiing to name just a few. I also enjoy music, computers, electronics, cars and cooking. I pretty much do it all!

Quotes and Thoughts:

- Don't say, "I can't", unless you are physically unable to do what you have set out to do. Otherwise say, "I am not willing to do it". There is a BIG difference between the two!
- Rome was not built in a day and the same can be said about a more desirable physique. However, with proper guidance, consistency and some good old fashioned hard work you can drastically improve your lifestyle and consequently your life!