

## **Sylvie Patrick**

In 2007, Sylvie left a successful career in the corporate world to become an entrepreneur with the opening of her studio “Biotonic Studio”, the first Power Plate (Whole Body Vibration) training center, based in Miami FL. Originated from France, she recognized the trend for non impact, 30 minutes training programs providing results.

She designed proprioceptive training that improve coordination and reduce risk of injury. Her students free their range of motion, experience faster recovery and unlock their full physical potential. She joined Power Plate Corporation (Performance Health Systems) as a Master Instructor in 2011, and Trigger Point Performance (TP Therapy) in 2013, teaching accredited courses, developing content and performing at major domestic and international Fitness Conventions. She speaks fluently French, English, and Spanish, which mean she is able to effectively serve clients from around the globe, communicating important concepts with clarity and ease.

Her motivation is to guide health professionals on the exciting path towards becoming successful instructors – giving every student the motivation and confidence to teach new classes or use new technologies.

Sylvie is NASM-CPT, ACE-CPT, OPT for seniors, and TRX-C certified. She joined the Evidence Based Fitness Academy in 2014 to teach the benefit of barefoot training. She joined the Precor Coaching Center team as soon as their acquisition of Queenax Functional Training.

“ I understand the demand for programing that fit the aging population, and respond to the trend of small group functional training. My goal is to provide health professionals the knowledge and the tools to generate revenues and cater to these markets. I travel in United States, Canada and Latin America and meet with fitness equipment dealers to educate them on the products they sell. I work with training studio owners, fitness club director, physical therapists and assist them with the implementation of new training programs and technologies.”