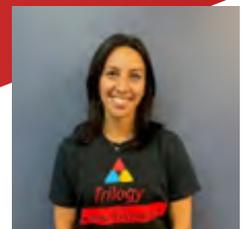




STAY FIT STAY HEALTHY

Fitness isn't very accessible to the Deaf and Hard of Hearing. Jamie D'Amelio is a certified personal trainer with a Bachelor's degree in Physical Education with a minor in Exercise Science. As a deaf mother of three children, she understands how busy life these days between work, school, home life, athletics, and extracurricular activities. She enjoys hiking, camping, snowboarding, and staying active with her family. It is very easy to put your life on hold, as she did for quite a few years before getting back into an exercise routine. "Exercise is really the key to a healthy, active lifestyle and because of my love for what I do, I want to share my knowledge and skills to help you regain and maintain your health and an active lifestyle."

The MOG is a Medically Oriented Gym that is revolutionizing the way people improve and maintain their health. At the MOG, every aspect of your health history is connected through exercise. With an exceptionally qualified and professional staff, we provide the kind of support that empowers you to integrate healthy, smart decisions into real life.



Jamie D'Amelio
Trainer & Health Coach
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