

OAKLAND ATHLETIC CLUB



Mark Drew

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OAC Personal Trainer Since: 2007

Bio: Mark has been working as a holistic health practitioner in New York City since 2001, incorporating therapeutic massage, personal training, nutritional counseling, meditation, and qi gong into his private practice, providing the client with the tools to create a holistically healthy lifestyle. He practices therapeutic massage-utilizing the modalities of deep tissue, sports, Swedish, Tui Na, and Reflexology-to treat both acute and chronic conditions. He began work as a personal trainer in 1996 and has developed and implemented exercise programs for all different ages and fitness levels. Having competed nationally in triathlons, played college basketball, as well as being an avid surfer, hiker, and bicyclist he also understands the needs of athletes. He designs nutritional programs that educate the client with regard to optimal nutrition and then provides a specific meal plan to meet their individual needs. He provides instruction in meditation and qi gong, which are ancient healing arts that when practiced daily are very effective in reducing and managing stress, facilitating clarity of thought, and creating a sense of well being. Mark was born and raised in Michigan. He enjoys playing guitar and drums, reading a good book, visits to the art museum, and going to the movies.

Education: Mark is a graduate of Michigan State University. He has a Masters degree in counseling from Manhattan College, NYC and also a Masters level degree in holistic health and massage from the Pacific College of Oriental Medicine.

Certification(s): First Aid and CPR certification through the American Red Cross & American Heart Association.

Training Specialities: Body Conditioning & Weight Loss, rehabilitation, sport specific training, strength training, & stretching.