

Ray Bessette ACSM,ACE,NSCA,NASM-CPT

Trainer

Education | Certification

- 20-year Master Clinical Fitness Personal Trainer
- Studied Exercise Physiology, University of Vermont
- Professional Fitness Institute, Las Vegas, NV
- Cancer Exercise Specialist
- American College of Sports Medicine, Certified
- American Council of Exercise, Certified
- National Sports & Conditioning Association, Certified
- National Academy of Sports Medicine, Certified
- Strawberry Laser Lipo Imaging Certified
- Styku 3D Body Scan Imaging Certified
- ACE Corrective Exercise Specialist, ACE Functional Training Specialist
- ACE Senior Fitness Specialist, ACE Fitness Nutrition Specialist
- Founder and Owner of The FIRM U, Retired from the pharmaceutical business, 2003
- United States Air Force in 1979. Ray served on the Base Honor Guard. In 1985, received an Honorable Discharge and Good Conduct Medal as a Non-Commissioned Officer



Specializations

- Biomechanics, fat loss, muscle gain, rehabilitation of all shapes, sizes, age & physical conditions
- Nutrition, Diet & Meal Planning, Disease Prevention Counselor
- Comprehensive Lab Testing with Medical/Health Professional Analysis
- Hormone Replacement Therapy Prescriptions with Partnered Physician
- GLP-1 and Peptides Prescriptions with Partnered Physician
- Bio-Impedance Scale Measurement Analysis

Philosophy | Style

Ray is ranked top 5 (Natural Pro Bodybuilder, 1994) in the NPC National Masters (50-69 age classes) since 2010. Maintaining excellent health and a youthful physique into his mid-60s, he inspires clients -several featured in media for achieving remarkable fitness goals once seemed impossible to achieve. Ray is results-oriented, your fitness goals are always his top priority. Ray achieves this by providing personalized training and ongoing support, ensuring that every client receives the guidance and encouragement needed to reach their fitness objectives.

Ray motivates others with his mantra: *"Make Yourself Stronger than your Excuses."*



Call Ray at 832.755.1949