



Build Your Body. Build Your Faith.

BIOGRAPHICAL BACKGROUND

Michael Carrera, MSc

Founder and Creator of The Catholic Workout

A certified exercise physiologist and personal trainer, Michael Carrera has vast experience as a health, fitness and weight loss expert. He holds a Masters of Science (Exercise Science) and has trained elite athletes, including national-level swimmers and professional hockey players. Michael's education and experience has qualified him to create and administer strength test protocols for athletes in ice hockey, soccer, figure skating, lacrosse and swimming at the provincial and national level.

Michael has contributed to numerous scientific journals, articles, chapters and manuals in the areas of fitness, health and sports conditioning. In 2010, he launched *The Catholic Workout*, a book that combines spirituality with weight training and fitness. The book features the fitness routine built around the Passion of Christ and the Rosary. In the past he has coauthored the book *Periodization: Training for Sports (2nd edition)*.

Michael is also widely recognized in the media. He has appeared as an expert on numerous radio and television programs, including morning shows, speciality channels and radio. He has been a contributor in national publications such as Men's Health Magazine, Canadian Living, Alive Magazine and the National Post.

Michael created and implemented corporate wellness programs and health management strategies for top Canadian companies. He has also been responsible for creating more than 14,000 exercise programs for an online health and fitness website, and has overseen fitness and weight loss centres across Canada catering to women.

Michael currently lives in Toronto, Canada and is married with three young children.