

Birthdate	2/13/1971
Resides	Long Island, NY
Height	5'11"



CERTIFICATIONS AND EXPERTISE

- Certified Personal Trainer- certified by both the International Sports Sciences Association (ISSA) & National Strength and Conditioning Association (NSCA)
- NCSA Tactical Strength and Conditioning Facilitator
Special certification specifically designed for military and elite emergency service professionals, emphasizing injury prevention, strength, power, speed and agility
- ISSA Master Trainer Certification
- ISSA Strength and Conditioning Coach Certification
- ISSA Sports and Fitness Nutrition Specialist Certification
- ISSA Fitness/ Exercise Therapy Certification ISSA Senior Fitness Certification
- Stephen also has extensive experience and expertise working with and developing exercise programs for sport specific training, post-rehab orthopedic exercise, therapeutic flexibility, stress management, avoiding injury recurrence as well as for individuals with: arthritis, osteoporosis, cardiac problems, asthma, diabetes, hypertension, post menopause, obesity
- ISSA Youth Fitness Certification; ISSA Senior Fitness Certification
- ISSA Golf Bio Mechanics Certification
- CrossFit, TRX (suspension training), Spin Indoor Cycling, and Fitness Boxing certifications

COMMUNITY INVOLVEMENT

Stephen has a great passion for helping those in need and giving back to the community, especially working to help children live happier, healthier lives, and is involved in several charitable initiatives and philanthropic organizations.

2005 - Present: Chairperson for the Annual Brooke Jackman Run For Literacy

2002 - Present: Board of Directors for the Brooke Jackman Foundation

2003 - 2005: Chairperson for the Senator Marcellino/Oyster Bay Chamber of Commerce Health Fair

1994 - Present: Organizes a drive each year that donates thousands of toys for the Nassau and Suffolk Counties Social Services divisions

1995-1997 Organized an effort that brought 500 homeless children on a shopping spree at Christmas

1995-1997 Stephen was the first individual to spearhead an effort that organized and fed every family registered with Suffolk and Nassau County Social Services for Thanksgiving

SPEAKING TOPICS

Stephen speaks to schools, corporate and community groups on topics including (but not limited to):

- Sports conditioning
- Inspiring hope, motivation & reaching goals
- Fitness, healthy lifestyle, nutrition overall wellness
- Youth entrepreneurs on owning a business
- Sports industry in general
- Giving back to communities
- School and corporate health and wellness programs
- Abuses and dangers of steroids and sports enhancing drugs

BACKGROUND

Stephen Gourlay is recognized as one of the top sports conditioning specialists in the fitness industry. Stephen has trained many elite and professional athletes including Major League Baseball players, professional boxers, nationally-ranked collegiate tennis players, national team rowers, State Champion runners and elite hockey players. Stephen is also an accomplished soccer player, playing at a professional level with several teams in Europe. Stephen has a wealth of personal experience and with a very unique perspective and technique which has brought much credit to his name.

Stephen is dynamic, well spoken, and extremely genuine in his effort to help others. Stephen's greatest passion is inspiring hope and he has made it his life-long mission to educate, engage and help facilitate others to reach their health, fitness and lifestyle goals. Stephen currently owns two EvoSport Fitness Centers on Long Island, New York.

Stephen's new website, www.stephengourlay.com, will feature exclusive video and special lifestyle content and is expected to launch in August 2011.

SHADE GLOBAL Inc.

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