



Thomas J. Brady



Thomas J. Brady is a North Tonawanda native and 2009 North Tonawanda Highschool graduate with a passion for health, fitness and wellness.

Thomas is an ISSA Certified Fitness Trainer holding a Specialist in Fitness Nutrition certification. He also is the only currently Certified MovNat Trainer (Level 2) in Western New York.

Thomas' personal goals include increasing his own movement skill while helping others unlock their potential. He believes human potential is limitless, and seeks to prove this theory by increasing his performance and capability every time he steps foot in the gym.

Starting from humble beginnings of training clients out of his parent's garage, Tom has built a reputation of building efficient programs for his clients no matter what their goals may be.

Thomas began his passion for health, wellness and movement at 11 years old, looking up to big name body builders. He soon lost the bodybuilding bug in high school, looking to increase his athletic performance as a hockey player. From that his passion evolved and broadened to just human movement in general. "If I want to do a handstand or run a mile and climb a tree, I should have that ability. True freedom, in my eyes, is being able to command your body how you see fit. The only restraints or limitations should be your imagination."

Helping others has always been the leading motivator for Thomas. Being able to share detailed knowledge of proper fitness and nutrition is the prime driver behind Thomas' training philosophy. Thomas' biggest goal for his clients, besides helping them reach theirs, is keeping them safe, and teaching them the basic skills of movement to support them for the rest of their lives.