

**Diane Carozza**  
**Fitness Practitioner**



Diane, health and fitness specialist. A certified Fitness Practitioner (AFP), personal trainer by the American council on exercises (ACE), and certified group and personal trainer by the Athletics and fitness association of America (AFAA). Graduated from Elmira College with a bachelor degree in science and certified as a Respiratory Therapist by the education department of University of the state of New York. Diane is a certified posture and Therapeutic Exercise Specialist, and also a certified specialist by Rock Steady Boxing organization, to train people with Parkinson

