

Rico Marciano

Fitness Professional, Media Fitness Expert, Author at Rico, Motivational Fitness!

North Palm Beach, FL, US

Award Winning Physical Fitness Professional, as seen on ABC, NBC, CBS, FOX.

Biography

Rico Marciano A Brief Biography Born April 5th ?Shot, Stabbed, Punched, and Piped, yet, Lives a Great Life in Paradise with Absolutely No Regrets!? Founder, Rico Marciano, Motivational Fitness Co-Founder of Manhattan Movie Makers Member of the American College of Sports Medicine Rico Marciano lives an extraordinary life, overflowing with passion, an award winning career, and many Adventures in Paradise. As a young athlete, played on championship teams in every sport, learning the value of mental discipline, Physical Conditioning, and a winning mindset. "An Individual may be Great, but a Team United is Unbeatable!" As a Physical Fitness Professional, with an award-winning career spanning nearly four decades, he designs Motivational Exercise Programs for Brain and Spinal Cord Injuries; Orthopedic and Neurological Problems; Pro, Amateur & Disabled Athletes, Strength & Conditioning Programs, and Breast Cancer Survivors. As a Media Fitness Personality. ABC, NBC, CBS, FOX, and the Palm Beach Post, honored his work with many inspiring tributes, and Body by Jake invited him to perform the motivational segments on his National Television Show, Healthy Lifestyle Solutions. Voted "Man of the Week" by Fox7 television in Miami. He wrote and produced the Award-Winning, Motivational Documentary, Chariots of Courage, an inspiring story about the tragedies and triumphs of his disabled clients in wheelchairs. Recently, he authored an expanded book version of the same title, to be launched in 2014. Wrote, hosted, and produced the Award-Winning Talk Radio Show, ?Rico, Motivational Fitness?, sponsored by MetRx. As a charismatic entertainer, he performed in nightclubs, theater, TV, Radio, and film. Motivational Speaking Topics include: 1) Rico & Friends: Inspiring Stories, Music, and Celebrity Hosts, all for Charity. 2) The Strangest Secret of Success. 3) Philosophy of Fitness. 4) Courage. Rico?s Life is . . . a Motivational Message.

Availability

Keynote, Workshop, Host/MC, Author Appearance

Industry Expertise

Professional Training and Coaching, Health and Wellness, Writing and Editing, Media - Broadcast, Fitness

Areas of Expertise

Secret of Success, Motivational Fitness, Courage

Affiliations

Member, The American College of Sports Medicine

Sample Talks

Secret of Success.

This interactive seminar reveals both the definition of success, and the key to success. It will help you change mindsets, overcome obstacles in your life, and succeed in fitness, business, and relationships.

Education

HTCA Advanced Training School, Dr. Paul Ward-Director

Certified Physical Fitness Instructor Physical Fitness Instructor Certification

Broward State College

Physical Education

Hollywood Film Institute, Dov S-S Simens-Founder

Certified Cinema Director and Feature Film Producer Cinema Director, Film Producer Certification

Accomplishments

Chariots of Courage

Chariots of Courage is an award winning motivational documentary, about the tragedies and triumphs of my disabled clients in wheelchairs.

Who's Who in America

Honored for Outstanding Achievement in Fitness.

Who's Who Worldwide

Honored as a Global Leader in Fitness.

Chip Van Wanderham Achievement Award in Fitness

Won the Chip Van Wanderham Achievement Award in Fitness, for my work with the disabled. The award is presented annually to an outstanding fitness professional at the West Palm Beach Bodybuilding Championships by Frank Dalto, the National Physique Committee Promoter of the show.

Trainer of the Year

NBC, ABC, CBS, FOX, and The Palm Beach Post.

NBC, ABC, CBS, FOX, and The Palm Beach Post, have honored my work, and my clients--with many inspiring stories for over 20 years! Thank-you all, and let's toast to the next 20 years!

Body by Jake's "Healthy Lifestyle Solutions"

Chosen to do the motivational segments on Body by Jake's television show "Healthy Lifestyle Solutions", which ran throughout 2001.

The Communicator Award of Distinction in Talk Radio.

"Rico, Motivational Fitness." Talk Radio Show on Clear Channel-Palm Beach.

The Communicator Award of Distinction in Film and Video

"Chariots of Courage."

Videographer Award of Excellence

"Chariots of Courage"

Worldfest International Film Festival

"Chariots of Courage" Winner of the Gold Award, in the Motivational Category. Winner of the Gold Award, in the Medical, Health, Fitness Category.

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