

National Council for Certified Personal Trainers
2025 Board of Directors Biographies

Geno Carignan, NCCPT CPT, CSTS

Geno is a health and fitness trainer with over 20 years of experience specializing in customized exercise and nutrition programs for baby boomers. After earning his exercise physiology degree from the University of Rhode Island, he worked as a physical therapist for spinal cord injured patients at the Walker Institute in Pacific Palisades, becoming an AAFP Board Certified Medical Exercise Specialist. As founder of Fitness Enterprises in Los Angeles, Geno helps clients achieve their health goals, including body fat loss, sports conditioning, and post-rehabilitation therapy.

Nikolett Demeter, Dr, NCCPT CPT

After graduating as a Medical Doctor from Semmelweis University in Budapest, Nikolett transitioned to specializing in health, nutrition, fitness, and wellness. With her certification in Advanced Sports Nutrition and over 12 years of experience as a nutrition coach, she helps clients address health conditions, manage weight, and improve overall wellness. A certified health and wellness coach, wilderness first responder, and professional lifeguard, Nikolett is based in Truckee, California, where she offers personal training, group fitness instruction, and nutrition coaching. A former competitive swimmer and water polo player, she stays active through trail running, open water swimming, biking, and Nordic skiing.

Megan Frank, PhD, ACSM-EP®

An associate professor at Baldwin Wallace University in Ohio, Megan earned her master's and doctorate degrees in exercise physiology from Kent State University and her Bachelor of Arts in Physical Education and Exercise Science from John Carroll University. Her particular area of interest is the psychosocial determinants of health behavior. She is an active member of the American College of Sports Medicine and earned their prestigious Certified Exercise Physiologist (ACSM-EP®) certification. Megan is a faculty co-advisor for the Exercise is Medicine-On Campus student group which strives to improve the well-being of the student community through physical activity.

Mike Hibner, NCCPT CPT, CSTS, CICI

Mike received a Bachelor of Science in Exercise Science from Arizona State University and was a fitness director at North Phoenix Health Institute, a territory manager for Cybex International, owner of a World Gym, and director of national accounts for FreeMotion Fitness. He is currently the director of key accounts for Core Health & Fitness.

David Hoptar, NCCPT CPT, CSTS

David is an NCCPT certified personal trainer and strength coach with over 40 years of experience. He provides comprehensive fitness services including personalized weight training plans, nutritional counseling, and self-defense instruction. He also leads specialized education programs in nutrition. David has a Bachelor of Arts in Secondary Health Education/Nutrition and a master's in nutritional science. His roles in fitness have included regional fitness director at Purefitness, senior master trainer at 24 hr. Fitness, and fitness manager and senior master trainer at Crunch Fitness. David is a 7th degree black belt in Chinese Goju Karate and has been a martial arts practitioner for over 30 years. He was also a rural nutritionist and state health advisor while serving as a Peace Corps Volunteer in Malaysia.

Mary Anna Kittredge-Public Member

Mary Anna holds a Master of Education in Elementary Education from Arizona State University and has served as a special education teacher at Maryland Elementary in the Washington Elementary School District since 2016. Her district-level contributions include roles as language arts coordinator, teacher evaluator, computer contact, public relations chair, and special education case coordinator. She has also participated in the summer curriculum academy, professional development council, budget cadre, and school improvement review team.

Khalid McLeod, NCCPT CPT, CSTS-Chair

A renowned health and fitness expert with more than 25 years of experience, Khalid earned a master's in exercise science from The George Washington University School of Medicine and Health Sciences and a bachelor's in sports management from Towson University. He has spoken internationally on adult and childhood obesity, nutrition for elite athletes, mental health, program design for athletes, and advanced periodization. He has worked with both collegiate and professional athletes and has partnered with corporations and government organizations in developing and improving wellness programs to help applicants meet health and wellness recruiting standards. His work has been featured in the Washington Post, Chicago Tribune, Arizona Republic, Baltimore Sun, The Daily Herald, Fitness Style Magazine, and Your Health Magazine.

Giuseppe Sciacchitano, ND, NCCPT CPT

Giuseppe is a licensed naturopathic practitioner (ND), and health coach based in Montreal. His experience involves working with a diverse range of individuals, particularly sedentary office workers and those seeking natural alternatives to medication. Throughout his career, he has witnessed the detrimental effects of extreme physical inactivity and poor nutrition across various age groups, from young children to the elderly, and has linked this decline in health to the subpar food supply and lack of fundamental body care practices. His focus is on optimizing both body and mind through nutrition, recovery, natural supplements, and breathwork. Together with his wife, a certified kinesiotherapist and fascia therapist, he runs his own practice and trains clients with an approach he calls 'barbell medicine.'

Victor Verhage NCCPT CPT, CGxI, CSTS- Vice Chair

A results-driven leader with over 20 years of experience in fitness, wellness, and high-performance coaching, Victor specializes in revenue growth, client acquisition, and retention strategies that deliver measurable business outcomes. As a strategic business consultant, Victor transforms high-growth companies into sustainable success stories by optimizing sales processes, marketing approaches, and customer experiences. His expertise spans personal training, recovery and wellness solutions, and market development, combining innovative strategies with relationship-driven sales techniques. Victor's leadership strengths include team development, B2B/B2C sales excellence, and implementing cutting-edge wellness technology. His energetic, creative approach helps businesses unlock new revenue streams, implement effective client retention models, and establish themselves as industry leaders. Whether coaching fitness professionals or consulting on wellness solutions, Victor remains committed to creating a healthier, more active, and profitable business landscapes.