

# Jeff Rutstein

12 A Scotty Hollow Dr.  
Chelmsford, MA 01863

jeff@feelgoodexercise.com

(Cell) 617-699-4427  
(Office) 781-591-0490

www.feelgoodexercise.com

---

## MISSION and VISION

- **Professional Mission** - To incorporate a fitness program of “mindful movements” as part of an overall treatment program for clients with mood and addictive disorders.
- **Fitness Innovation** - “Mindful movements” is a program of exercise with a concentrated focus on each movement and diaphragmatic breathing. This helps to reconnect the mind and body and enhance a state of relaxation.
- **Healthcare Advisors** - That includes an advisory board of leading medical, mental health and fitness professionals.
- **Author** of *Rutstein on Fitness: Conquering Stress, Depression and Dependence with Exercise*; which is the result of my life experience and education. My personal commitment is to help those who are dealing with every day stress or are recovering from depression, addiction, eating disorders and other mental health conditions.

## TRAINING MODEL

- Introduce clients to exercise at the treating facility. They will have the option of training at my fully equipped fitness center or in the comfort of their home or work place.
- Develop an individualized training program that focuses primarily on the psychological benefits of exercise in a stress free, comfortable setting.
- Each program will have set of reasonable and attainable goals; based on each clients' medical history and current activity level. The benefits include; a sense of accomplishment, higher functioning, a healthier immune system, improved emotional well-being and physical health.

## PROFESSIONAL EXPERIENCE

### **Custom Fitness – Boston, MA**

1990-present

Founder and Principal

- Launched a personal fitness training service that is recognized by the medical community and mass media as a complete mind-body approach to increase self-esteem and improve emotional and physical well-being.
- Motivate clients to focus on a mindful exercise program which was a critical component to my personal recovery from substance abuse.
- Collaboration with treatment providers.

### **Walden Behavioral Care**

June 2014-present

Consultant

- Developed a group resistance training class for Walden’s adult residential patients struggling with an eating disorder; primarily anorexia nervosa and bulimia.
- Introduce patients to mindful movements (the antithesis of obsessive exercise) focusing on the need to strengthen muscle and bone mass.
- Part of an integrated care structure.

### **University of Massachusetts – Amherst, MA**

1986-1987

Supervisor of the university weight room and fitness facilities

- Conducted health assessments for all new participants in the health facility.
- Developed basic fitness routines for members.

## **WHAT EXPERTS ARE SAYING**

- "Jeff's program will help guide you to a new life."  
**Bernie Siegel, M.D.**  
Author of *Love, Medicine & Miracles* and *Help Me To Heal*
- "Jeff Rutstein's personal story of using exercise to break the cycle of addiction is very inspiring. His emphasis on "mindful movement" to reduce stress and feel better is a refreshing and welcome change from many exercise programs that focus solely on appearance."  
**Carol Krucoff**  
founding editor of the Health Section of *The Washington Post*
- "Mr. Jeff Rutstein promotes exercise in a measured approach that encourages people in the recovery phase of their lives to use his methods to promote healing and build psychological and spiritual strength to live life to the fullest once again. Patients undergoing cancer therapy or recovering from surgery are an ideal population. I strongly recommend to my patients to put Mr. Rutstein's lessons to work in their lives."  
**David J. Sugarbaker, M.D.**  
Professor and Chief of Surgery, *Baylor College of Medicine*
- "With caring, empathy and candor, Jeff genuinely connects with patients who desperately need to feel that someone understands where they are coming from. Having walked in their shoes, Jeff offers hope, and more importantly, a practical plan of action that can put them on the path to recovery...starting today."  
**Patricia Amend**  
Co-author of *The 30-Minute Fitness Solution: A Four-Step Plan for Women of All Ages*
- "Jeff's striking story, and his experience with many clients, illustrates the tremendous psychiatric benefits of a rational exercise program."  
**Harrison G. Pope, Jr., M.D.**  
Professor of Psychiatry, *Harvard Medical School*
- "Jeff's program is absolutely amazing. It is miraculous that Jeff made such a complete and successful turnaround in his life. His fitness and lifestyle philosophy and will lead many individuals to physical and mental fitness."  
**Wayne L. Westcott, Ph.D.**  
Former advisor to *The President's Council on Physical Fitness*
- "The story of Jeff's rise from personal adversity and a severe substance abuse problem, to great success as a personal trainer, is truly inspiring. Jeff has integrated an approach to fitness which recognizes the interface between mind and body. His techniques are perfect for anyone who has an interest in obtaining optimal health and improving their emotional life."  
**Alexander Vuckovic, M.D.**  
Medical Director of *The Pavilion* at McLean Hospital  
Clinical Assistant Professor of Psychiatry, *Harvard Medical School*
- "Jeff has forged his skills as a fitness guru in the crucible of his own struggle to reclaim control of his life. The very fact of his own achievements is an inspiration to many. In his straightforward, unpretentious manner, Jeff imparts his knowledge of fitness, nutrition, and health (mental and physical)."  
**Aaron Nelson, Ph.D.**  
Chief of Psychology and Neuropsychology, *Brigham and Women's Hospital*

## MEDICAL AND PROFESSIONAL REFERENCES

- J. Alexander Bodkin, M.D, Director of the Clinical Psychopharmacology Research Program at McLean Hospital
- Maryellen Crowley, Ph.D., Chief, Eating Disorder Consultant for *The Pavilion* at McLean Hospital, Instructor of Psychology, Harvard Medical School
- Ken Sklar, Ed.D., Executive Director of Psychiatry and Mental Health at Partners Healthcare
- David J. Sugarbaker, M.D., Chief of Surgery at Baylor College of Medicine
- Alexander Vuckovic, M.D., Medical Director of *The Pavilion* at McLean Hospital, Clinical Assistant Professor of Psychiatry, Harvard Medical School
- Wayne L. Westcott, Ph.D., former advisor to The President's Council on Physical Fitness, Fitness/Research Director, National YMCA

## MEDIA

Appeared in 100+ international television, radio, newspaper and magazines including:

- *The Washington Post*
- *CNN*
- *The Boston Globe*
- *WCBS - New York*
- *Reuters International*
- *ABC & NBC network affiliates*
- *American Health Magazine*
- *San Francisco Chronicle*

## SELECTED EXCERPTS

### **The New York Times**

*Jeff Rutstein specializes in working with people with emotional problems. He gets them to focus on their specific muscle group instead of on their negative thoughts...he gives them a sense of security.*

**The New York Times** "Exercise and Depression," Abby Ellin, December 8, 2005

### **REUTERS**

*"When the depressed and distressed come to work out, Rutstein gives them barbells for sympathy, and support. It relaxes; reduces stress, anxiety, depression, and elevates moods. Because Jeff's overcome his own struggles it gives reassurance to others."*

**Reuters** "Exercise Therapist Trains Clients to Attain Healthy Body & Mind,"

Sasha Cavender, March 30, 1994

### **The Boston Globe**

*"He is going out of his way to help people who are at their wit's end. There is no one out there like him... His clients say they feel 1,000 percent better, mentally and physically."*

**The Boston Globe** "Personal Trainer Draws on Life as Recovering Addict to Build More than Muscles,"

Alisa Valdes, April 7, 1997

### **CLUB BUSINESS**

#### INTERNATIONAL

*Jeff Rutstein may be the fitness industry's best advertisement for the mind/body benefits of regular exercise... Exercise helps people stay off medication and stay out of the hospital. It can really do that if it's approached in the right way and if you really understand where the client is coming from"*

**Club Business International** "Niche of Need: Jeff Rutstein Trains People's Psyches,"

Suzanne Hildreth, May 1993

## AWARDS

- Best Personal Trainer in Boston, 2013 – Boston Award Program
- Best of Boston, 2008 - Health & Fitness Program Consultants - US Local Business Association
- Best Personal Trainer in Boston, 1997 - *The Boston Tab*
- Best Samaritan of 1994 - *American Health Magazine*
- Outstanding Fitness Leader of 1993 - *Reebok Instructor News*
- Notable of 1992 - *American Fitness*

## EDUCATION

**University of Massachusetts** Amherst, MA  
**Bachelor of Arts, 1988**  
Course Concentration in Physical Education, Nutrition and Psychology

**Deaconess Hospital, Division of Behavioral Medicine** Boston, MA  
Three-month, intensive course in Mind/Body Healing, 1994

**Harvard Medical School (Department of Continuing Medical Education), 2013**

- Lifestyle Medicine for Stress Management
- Lifestyle Medicine: Prescribing Exercise

**Massachusetts General Hospital Academy, 2014**

- Treatment Resistant Depression
- Substance Abuse

**Cleveland Clinic (Center for Continuing Education), 2014**

- Online Cased-Based Lesson: Depression

**Cooper Institute, 2014**

- Anatomy for Fitness and Wellness

**International Association of Eating Disorders Professionals, 2014**

- Depression in Eating Disorders

**American Medical Association  
(Continuing Medical Education), 2013**

- Screening and Managing Eating Disorders in a Primary Care Setting

## CONFERENCES

**McLean Hospital Grand Rounds** Belmont, MA  
“Clinical Sport Psychology for Psychiatrists and Physicians,” 2014

**Walden Behavioral Care** Waltham, MA  
“Advances in the Treatment of Eating Disorders,” 2014

**Harvard Medical School** Waltham, MA  
“Active Lives: Transforming Ourselves and Our Patients,” 2013

## **PROFESSIONAL ASSOCIATIONS**

- American College of Sports Medicine
- National Strength and Conditioning Association
- International Dance and Exercise Association
- International Society of Sport Psychology

## **PROFESSIONAL CERTIFICATIONS**

- Mind Body Specialist, American Council on Exercise
- Advanced Personal Trainer, Fitour Fitness Association
- Certified Weight Training Instructor, National YMCA
- Certified CPR/AED, American Red Cross
- Certified First Aid: Health and Safety for Coaches, American Red Cross

## **PRESENTATIONS**

- “Exercise and Overall Health,” Belmont Hill School, Belmont, MA 2007.
- “Easing Stress, Depression, and Dependence with Exercise,” McLean Hospital, Belmont, MA 2005.
- “Exercise in Recovery: Spiritual, Emotional, and Physical,” Massachusetts Department of Public Health-Bureau of Substance Abuse Services, Boston, MA 1996.
- “Mindful Movements: Mind and Body Building,” Canyon Ranch Spa, Lennox, MA 1995.
- “Fitness & Relaxation,” Mind/Body Clinic, Deaconess Hospital, Boston, MA 1993.
- “Substance Abuse Prevention and Disabilities Communities Working Together: Collaborative Models and Strategies for Prevention of Alcohol and Drug-Related Problems, Health and Wellness as Prevention,” Medical Foundation, Boston, MA 1993.

## **LIABILITY INSURANCE**

- American Casualty Company (Professional Liability: \$1,000,000/claim - \$3,000,000/aggregate)