



The Relentless Pursuit of Results

You're Up Team Bios

Charlie Sanders Jr., founder

Former NFL player Charlie Sanders Jr. is the owner of Southfield-based Charlie Sanders Private Training. He offers everything from sports-specific to weight loss training at his Southfield facility or during in-home appointments. He is a graduate of Rochester Adams High School and Ohio State University. He attended OSU on an athletic scholarship and played in the 1997 Rose Bowl. He also played with the Detroit Lions during the 2000 season, and he contributes regular fitness segments on WJBK MyFox Detroit, Channel 2.

Sanders comes from an athletic dynasty. He is the son and namesake of football Hall-of-Famer Charlie Sanders. His sister is Mary Jo "KO" Sanders, a gifted boxer and IBA Middleweight titleholder.

Sanders founded You're Up in January 2009 in an effort to provide children and adults living without health care benefits with access to physical therapy, fitness and wellness programs they need. His vision for the non-profit is a natural extension of his expertise in fitness training and the wellness profession.

Rossano Rea, director of fitness training

Rossano Rea is a personal trainer and professional fitness model who has dedicated his life and work to promoting physical fitness. He began working out at the age of 15 and served as a swim instructor for children and adult swim camps while he was still in high school. He later studied kinesiology at Wayne State University. In 2004 he opened Bodymorph, a 2,400 square-foot full-service fitness and wellness center based in Ferndale.

Rea has donated the facilities he has established at Bodymorph to support the mission of You're Up. He serves as director of fitness training for the non-profit. Rea and Sanders have known one another for more than 10 years and share a common interest – helping people achieve their fitness goals.

Lucia Zamorano, M.D., medical advisor

Lucia Zamorano is a medical doctor and clinical professor of neurological surgery at Wayne State University. She specializes in neurosurgical oncology, spine disorders and lumbar spine surgery. Zamorano is affiliated with the Detroit Medical Center, William Beaumont Hospital in Royal Oak and Harper University Hospital.

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She has trained around the globe, attending medical school at Catholic University in Santiago, Chile. She was a neurosurgeon at Freie Universtat in Berlin, Germany before signing on as an attending staff member at Henry Ford Hospital. She opened her own practice in 2005 in an effort to “provide the highest quality of neurosurgical care to each of our patients in a compassionate, efficient, effective and personalized manner.”

Zamorano lends her medical expertise to You’re Up. She serves as a medical liaison for the non-profit, ensuring the programs provided are safe and effective to all those seeking physical fitness, health and wellness therapy. Learn more about her at www.luciazamorano.com.

Fred Leff, Podiatrist, medical advisor

Fred Leff is a podiatrist affiliated with the Detroit Medical Center. He attended the Ohio College of Podiatric Medicine and completed his residency at Southeast Michigan Surgical Hospital. Leff currently works for Michigan Foot and Ankle Surgeons, P.C. in Southfield.