

October 7, 2009

Fitness Professional addresses Rotarians!

STUART, FL. – On Wednesday, September, 30, 2009, **Debbie Roberts** of Massage & Fitness Professionals of the Treasure Coast presented “How to be your own Personal Trainer – Adding Value to Your Life!” to the Rotary Club of Stuart. The Rotarians listened intently as Roberts explained the benefits of becoming your own motivator, counselor, teacher, and best friend to yourself. Explaining the difference between fitness and wellness, and dispelling many common myths in regards to fitness.



Roberts presents, “Adding Value to Your Life.”

*Photo courtesy:
Out2martincounty.com*

Roberts also demonstrated some components of a Fitness + Wellness Program, highlighting how to use a heart-rate monitor for cardiovascular conditioning. Emphasizing the importance of flexibility, stability, and mobility. With over 25 years experience, and a very personable nature, the Rotarians appreciated **Robert’s** candor and approachability. To find out more about the three different departments of Massage & Fitness Professionals of the Treasure Coast (massage, fitness, and aesthetics), and why equipment can make people weak, and why exercise should be based on functional training not muscle isolation.

Massage & Fitness Professionals of the Treasure Coast is also supporting the Pink Tie Friends for Breast Cancer Awareness month (October), and Massage Awareness week (October 25-31st), for the month of October, any monetary donation to Pink Tie Friends will warrant a 20% discount off the regular price of either ½ or 1 hour massage, from Oct. 25th-31st.

To find out more about the services offered by Massage & Fitness Professionals of the Treasure Coast, please see: <http://www.massage-fitnessspa.com/about.html> or visit: 2215 S. Kanner Highway Stuart, FL 34994, or call: 772-288-0073, or e-mail: massageandfitnes@bellsouth.net