

Massage & Fitness Professionals offer relaxing reward to Martin County Teachers!

STUART, FL – Massage & Fitness Professionals of the Treasure Coast recognizes the importance of education in Martin County. On August 20, 2009, **Debbie Roberts** of Massage & Fitness Professional of the Treasure Coast announced her commitment to supporting the hard work and dedication of the finest teachers in Martin County. Each month during the 2009-2010 school year, Massage & Fitness Professionals of the Treasure Coast is honoring all three Martin County High School's "*Teacher of the Month.*" Each teacher will receive a FREE ½ hour therapeutic massage from Massage & Fitness Professionals of the Treasure Coast and a short news announcement.

Deborah A. Roberts, L.M.T., Certified Personal Trainer, Post Rehab Specialist is the owner of Massage and Fitness Professionals of the Treasure Coast. Since 1988, **Roberts** has helped hundreds of clients heal and reach their personal goals. Her experience and certifications include:

- Golf Biomechanics Specialist
- Titlist Performance Institute (TPI) Medical Level 3
- Licensed Massage Therapist
- Licensed Esthetician
- Certified Lifestyle Coach
- Certified Post Rehabilitation Specialist
- Certified Personal Trainer - NASM (National Academy of Sports Medicine)
- Certified Water Aerobics Instructor
- Certified Active Isolated Stretching Instructor
- Certified Group Exercise Instructor through the AFAA and American Council for Exercise
- Certified in Yoga, Pilates, Spin, Body pump, and APEX Nutritional Counseling
- Founder of Human Potential Seminars, a C.E.U. Program that provides continuing education for both Massage Therapists and Personal Trainers
- A multi-year, national presenter for the Florida State Massage Therapy Association
- A Public speaker and an International Author for the management of Fibromyalgia



Debbie Roberts, L.M.T., Certified Personal Trainer, Post Rehab Specialist, provides an appreciative client with a stress-relieving hot stone massage. Photo courtesy of : www.Out2Martincounty.com.

Roberts and her staff strive to provide the highest quality Professional Massage Therapy, Personal Training and Spa Services to the Community, and were voted #1 in Martin County for therapeutic massage by Stuart News.

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