



Personal Trainer of the Year Award Winner Has The Answer

StephenHoltFitness.com, February 13, 2006

URL: <http://www.pr9.net/comp/multimedia/3584february.html>

2003 ACE Personal Trainer of the Year, Stephen Holt, answers your questions at the new web site, <http://www.FitnessTipForum.com>

PR9.NET February 13, 2006 - Ever wonder how much cardio you need to do? Or what you can do about low back pain? How about trimming those problem areas you might have?

Well, 2003 ACE Personal Trainer of the Year award winner, Stephen Holt, has just launched a new web site at www.FitnessTipForum.com to help you find the answers.

But Holt isn't just another personal trainer answering fitness questions.

In addition to being named one of the world's top fitness trainers by the American Council on Exercise and the National Strength and Conditioning Association, Stephen was also named "Expert of the Year" by the Internet's largest advice site, AllExperts.com.

"In my blog I answer fitness questions one at a time. FitnessTipForum, however, gives me the opportunity to help hundreds if not thousands of readers at the same time," says Holt. "I wanted to give my subscribers a way to communicate not only with me, but with each other."

Though Stephen can't possibly answer every question himself, he's recruited other well-respected trainers to help him moderate Fitness Tip Forum. "There's even a private section just for personal trainers to communicate with each other," adds Holt, who, as an Expert Fellow with the National Board of Fitness Examiners, helped write the questions on the national board exam for personal trainers.

Hot topics now include addressing questions about Holt's "3-4-5 Total Body Fitness System," the "Get Lean All Over" workout he wrote with Shape magazine, and the "Lean Machine Workout" he wrote with Men's Fitness magazine. "But of course we're open to discussing anything related to fitness," says Holt. There's even a category for suggesting additional categories.

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About StephenHoltFitness.com

StephenHoltFitness.com provides free fitness and exercise tips for baby boomers - from the 2003 ACE Personal Trainer of the Year