



New Fitness Website offers solution to wasted money on gimmick fitness products

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PR9.NET September 30, 2007 - BIRMINGHAM, AL - Americans are spending billions of dollars on diet and fitness products. Yet the Center for Disease Control reports that over 60% of the U.S. adult population is overweight and that percentage continues to climb. Individuals are spending more with decreased results. According to personal trainer and fitness expert Clinton Walker III, this is due to the large amount of money spent on ineffective gimmick products. On his website titled, Full Body Makeover, Walker sets out to inform individuals with the information needed to help individuals improve their bodies without wasting time and money.

The website not only includes practical instruction on how to achieve a healthy body, but contact information to access personalized consultation that takes their unique circumstances into account. Walker, who has studied kinesiology at the University of Alabama and worked as a personal trainer for over seven years, allows readers to request free online consultations that help them use the information on the website most effectively.

Clinton Walker III grew tired of observing people wasting time and money on ineffective products. He understands that communicating with a client is necessary for reaching fitness goals. Walker states, "It is important to find out the age, height, weight, eating habits, goals, and health issues of a client before giving advice." Throughout his website, the readers are given links and e-mail address that allows them to request a personalized workout and diet advice specific for your body.

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About Fullbodymakeover

Clinton Walker III is a 32 year-old personal trainer from Birmingham, AL. His experience includes over 7 years of Personal Training. He has studied diet techniques, weightlifting, and nutrition for over 10 years. This includes the study of kinesiology at the University of Alabama. He is also the author of the 72 page book titled Full Body Makeover. Through extensive research, experience, and testing, he decided to put the knowledge that he has gained in writing. Clinton Walker III believes in not only training, but educating his clients to maintain their results throughout life. You can visit his website at <http://www.makeoverfitness.com>

About makeoverfitness

A weightloss and diet websites designed to help individuals achieve total fitness.

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