



Professional Strength and Conditioning at Westside Athletic Club in Rocky Hill, CT

Pro Athletic Training and Development, LLC, January 11, 2008

URL: <http://www.pr9.net/health/resources/7087january.html>

Professional Strength and Conditioning services are now offered at Westside Athletic Club in Rocky Hill, CT.

PR9.NET January 11, 2008 - Rocky Hill, CT – In an effort to help decrease sports related injuries and increase athletic participation, Chris Blake, MA, LATC, CSCS of Pro Athletic Training and Development, LLC has joined forces with Westside Athletic Club in Rocky Hill, CT.

"With all the confusion surrounding appropriate exercise and nutritional advice for the athletic population it's best for people to turn to the true experts. And those that are looking for answers to their nutrition and exercise training questions will find those answers at Westside Athletic Club," Blake was quoted as saying. "It is my personal mission to teach and instruct athletes, parents, and sport coaches on how to train, eat, and prepare for lifelong success."

Pro Athletic Training and Development, LLC is currently working with baseball and softball athletes in preparation for the spring season, and will begin a training series for soccer athletes later on next month.

Chris Blake is a certified strength and conditioning coach and a licensed athletic trainer specializing in teaching athletes. He can be reached 860-202-0334 or via email at CoachBlake@proathletictraining.org To learn more about Chris and his company visit: www.proathletictraining.org

###

About Pro Athletic Training and Development, LLC

Pro Athletic Training and Development empowers athletes to become lifelong champions through education and instruction.

Website: <http://www.proathletictraining.org>

E-Mail: CoachBlake@proathletictraining.org