

PTI-Fort Wayne Welcomes World's Strongest Man to Promote Kids' Fitness

By Carol Kur, MSRD, Co/founder, PTI

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Open house event kicks off children's fitness initiatives at Personal Training Institute

Jericho, NY, November 1, 2010 -- Personal Training Institute (PTI) held an open house event on Saturday, October 23 from 10 a.m.-12 noon at the Dupont Village Center located at 493 East Dupont Road, Fort Wayne, Indiana. Star Trac spokesman Bill Kazmaier ("Kaz"), the World's Strongest Man, made a special appearance much to the delight of kids and parents alike. CBS affiliate wane.com filmed some of Bill's amazing feats of strength, which included a car pull with only his index finger. See http://en.wikipedia.org/wiki/Bill_Kazmaier for additional details.

"Bill is absolutely great with kids," commented Jacki Trevino, manager of PTI-Fort Wayne (<http://www.personaltraininginstitute.com/clubs/ftwayne.html>). "This is a great kick-off for our fall fitness promotion to encourage active, healthy kids."

PTI offers children's programs designed to meet their unique needs. "We make it fun for kids," quipped Trevino. PTI incorporates medicine balls, boxing, cardio activities and much more to help children achieve their fitness goals. Area high school and college student athletes turn to PTI to help create specific training programs to help them attain improved performance.

Visit <http://www.personaltraininginstitute.com/locations.html> to find a PTI location in your community. PTI client results speak for themselves. To see the way PTI has transformed lives, visit: <http://www.personaltraininginstitute.com/testimonials.html>.

PERSONAL TRAINING INSTITUTE BACKGROUND: PTI has been changing lives since 1987 by combining its proven integrated program that encompasses one-to-one strength training and customized nutrition counseling for every client. Star Trac is the official weight and cardio equipment provider for PTI. PTI was named "Best in Category" in the recent Top 50 Franchise Business Review. This results-oriented franchise is growing nationwide to help members and owners to achieve their goals. For more information, see www.ptifranchise.com.

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