



Why go to anyone else? *The Fitness Doctor* offers expert training and sound nutritional guidance to every client—for less than other places charge. Mention this story and get a free consultation, regularly \$100.

Training Advantage

The Fitness Doctor offers clients more.

by Laura Briedis

If you could go to a personal trainer who has a doctorate degree, has been voted one of the best in town, and is less expensive than most others, why would you go to anyone else?

As owner of *The Fitness Doctor*, Dr. Fredrick Peters is one of Northeast Ohio's go-to personal trainers. From helping clients like Nick lose six percent body fat in less than six weeks and tighten his abs to helping Cheryl increase her energy level and lower her blood pressure, clients are seeing measurable results.

"If you are not seeing results with your current personal trainer, or you're ready to start on a journey to a healthier lifestyle, I can guarantee you will lose 10 pounds by the end of summer if you follow my program," Dr. Peters says. "And, more importantly, you will feel energized, be stronger and help ward off chronic diseases."

What makes his fitness program different from the rest?

• **A degree really does matter.** Armed with a master's degree in biomedical sciences and doctorate in physiology, Dr. Peters is bridging the gap between science and exercise.

"Nearly half of all personal trainers are not certified," says Dr. Peters. "The industry is not regulated by state or federal laws, and, as a result, some trainers don't even know basics like CPR. With my advanced education and training, I am helping to raise the standards."



Dr. Fredrick Peters

• **More than just blood pressure readings.**

During the initial consultation, Dr. Peters delves into your health history and examines cardiac EKG parameters, pulmonary peak flow, body mass index, visceral and systemic body fat, resting metabolism and chronological age versus

physiological age.

• **Showing you the way.** Degreed and certified personal trainers guide clients through individualized programs, which include on-site exercises in the 3,000-square-foot private Fitness Doctor facility, as well as activities they can do at home.

• **An exercise physiologist and nutritionist all in one.** As a certified nutritionist, Dr. Peters also offers dietary guidelines and helps determine how to best burn fat.

"Exercise and eating healthy go hand-in-hand," he comments, noting during the initial consultation you get dietary guidelines as well as a workout regimen. "Healthy nutritional habits and eating the right foods will enhance the results you get from exercising."

The Fitness Doctor is located at 6571 Brecksville Road, Suite 2, in Independence. To make an appointment, call 440-447-0347 or visit FitDoc.fit for more information.