



The Fitness Doctor

Dr. Fredrick Peters, voted Top Personal Trainer in Northeast Ohio in 2016 by the Cleveland HotList, brings an unparalleled expertise to the realm of health and fitness.

Due to bad knees and poor cardiovascular health, Dave was unable to enjoy his passion for skiing. Since coming to *The Fitness Doctor*, Dave can now exercise on the treadmill under the guidance of Dr. Peters, founder and CEO.

by Laura Briedis

Dr. Fredrick Peters' passion for fitness is contagious. Just ask Lou, who was motivated to lose nearly 40 pounds and now feels as good at age 70 as he did when he was 30. Or Barbara, who at age 78, lessened her residual cancer effects and is stronger than ever. Or Dave, who increased his strength and remedied his knee pain before a ski trip.

The founder and CEO of *The Fitness Doctor*, Dr. Peters is on a mission to teach, motivate and inspire people to enhance their overall wellness with a scientific approach to exercise.

His love of fitness started even before he was an athlete at Saint Ignatius High School. Now armed with a master's degree and doctorate, he is bridging the gap between exercise and science.

"Any personal trainer can help you get bigger biceps, but what I do is so much more," says Dr. Peters. "Extensive research is performed on each client. I can prevent or treat up to 30 chronic illnesses with exercise, such as high cholesterol, hypertension, diabetes, osteoporosis, dementia and anxiety and stress disorders."

Dr. Peters works with individuals of all ages and abilities. He also takes a natural approach to health and fitness. "I don't

believe in pills, supplements or fad diets," adds Dr. Peters, who also is a certified nutritionist. "I prescribe an individualized program for each client and one of my elite personal trainers guides the client through the program that I've developed. Exercises are done on-site as well as at home."

During the initial consultation, Dr. Peters examines your health history, as well as cardiac EKG parameters, forced expiratory volume, pulse oximetry, blood pressure, visceral and systemic body fat, resting metabolism and physiological age.

Dr. Peters is at the top of his field. As an exercise physiologist through the American College of Sports Medicine, and former professor of exercise science, he presents the best of the best in terms of personal training.

"Personal training is everywhere. However, I believe I have created a niche in the market," he explains. "Personal training is the only health profession that does not have any state or federal regulations. People are putting their lives in the hands of individuals who might have no clue what they're doing."

With a very personable demeanor, Dr. Peters motivates and inspires clients to reach their fitness goals. "I believe I am presenting a service to the

public that is second to none," he states. "I don't believe in dieting. I promote sustainable weight loss through behavioral modification, which enhances metabolic flexibility and thermogenesis."

The Fitness Doctor also offers corporate training. Dr. Peters is a wellness partner with numerous organizations including Heinen's, the Visiting Nurse Association of Ohio, and the Centers for Families and Children. He offers seminars on improving

health and wellness throughout the area and is the only non-Cleveland Clinic individual invited to speak at the "Let's Move It Independence" seminar in April.

Since founding The Fitness Doctor in 2012, he has helped hundreds of local residents, of all ages and abilities, improve their lives using the latest scientific protocols. The Fitness Doctor is a family business. Dr. Peters' brother, Mathew, head lacrosse coach at Padua high school, is the director of operations. His mom, Teresa, greets clients at the reception desk. And his father, Fred Sr. is his business advisor.

"I motivate to inspire," says Dr. Peters. "Once clients are inspired, they are able to achieve goals they never thought possible. We have a friendly staff of both male and female trainers and work with individuals ranging from teenagers to the elderly. Our clients become some of our best friends and I hope to develop a long-lasting relationship with every client that walks in the door."

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.



At *The Fitness Doctor*, a staff of highly degreed and certified personal trainers guides each client through their doctor-prescribed program. Programs are personalized, comprehensive and include on-site exercise in a private facility, as well as guidance for activities that can be done at home.