



Dr. Fredrick Peters (r) and his team at *The Fitness Doctor* helped Lou from Brecksville lose 40 pounds and get into the best shape of his life.

# Young Again

*More than just a personal trainer, The Fitness Doctor helps clients rediscover their strength, balance and cardiovascular health.*

by Laura Briedis

Like many of us, Lou, a Broadview Heights resident in his mid 70s, wanted to lose weight but was never quite motivated enough to get lasting results. With his daughter getting married in Hawaii this year, that was all the motivation he needed to finally shed some pounds—and not only look better but also feel more energetic.

To help guide him on his journey to better health, he consulted with *The Fitness Doctor*. At this innovative personal training studio in Independence, Dr. Fredrick Peters customized a workout regimen, augmented with dietary recommendations.

The result: Lou lost 40 pounds in eight months and, more importantly, is keeping the weight off.

“When Lou came here, he had problems with his balance and needed to lose some weight,” says Dr. Peters. “We first worked on balance training to create a strong foundation. Then I devised a high repetition, low weight protocol where he comes to the studio three days a week and each session focuses on different areas including lower body, upper body and cardiovascular. Now he can do a four-minute plank, nearly 50 push-ups without stopping, and can squat his body weight.”

“I’m in my 70s and truly feel like I’m 26 again,” says Lou. “Training is an investment, but what better way to spend your money than on your well-being? My friends are spending money on doctors. I’m spending mine on staying healthy.”



Lou is in his 70s and with help from *The Fitness Doctor* says he feels like he’s 26 again.

An advocate of not just exercising but also eating a healthy diet and having a positive mental outlook, Dr. Peters offers a medically based, scientific approach to exercise.

The Fitness Doctor is more than just a personal trainer. Every patient at TFD goes through an extensive protocol that includes a health history, EKG parameters, pulmonary peak flow, visceral and systemic body fat and other parameters. Dr. Peters spends hours creating each patient’s program by researching the latest evidence based methods and protocols in the field of clinical exercise physiology. Then degreed and certified personal trainers guide clients through individualized programs, which include on-site exercises in the 3,000-square-foot private facility, as well as activities they can do at home.

If you aren’t seeing results with your current trainer or regimen, Dr. Peters guarantees the success of his program. “I’m so confident in my methods,” he says, “If you don’t see results, I’ll reimburse you.”

*The Fitness Doctor is located at 6571 Brecksville Road, in Independence. To make an appointment, call 440-447-0347 or visit [FitDoc.fit](http://FitDoc.fit) for more information.*