



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.

# Living Past 100

*The Fitness Doctor helps clients live healthy lives, even into their golden years.*

by *Laura Briedis*

Although Northeast Ohio may not be part of the “blue zone” that was identified by demographers of areas where people live the longest (in regions in Japan, Italy, Costa Rica and Greece), there is still plenty you can do to tap into the fountain of youth. Leading the charge is Dr. Fredrick Peters, owner of *The Fitness Doctor*, who is a local advocate for not just exercising but also eating a healthy diet and having a positive mental outlook to help ward off diseases. He recently lectured on this topic at the Cleveland Clinic Independence Family Health Center and on WKYC-TV’s Golden Opportunities show.

Dr. Peters, along with his brother, Mathew, who is currently pursuing his doctorate in sports psychology, devised a plan that can help clients join the growing number of centenarians in this country who are living a quality life for 100-plus years.

“The greatest medicine of all is to teach people how not to need it,” says Dr. Peters. “I focus on prevention and devise fitness plans and dietary guidelines that help you prevent diseases and allow you to live an active lifestyle for years to come.”

From working with an 83-year-old client to improve balance and range of motion to helping a 30-something lose 10 percent



Dr. Fredrick Peters

body fat in her first four months to working with college athletes to improve both physical and mental aspects, *The Fitness Doctor*’s clients are seeing measurable results.

“Results are guaranteed or your money back,” says Dr. Peters. “That’s how confident I am that my clients will see results

in terms of weight loss and increased strength.”

Armed with a master’s degree in biomedical sciences and doctorate in physiology, Dr. Peters offers a medical and scientific approach to exercise. During the initial consultation, he delves into your health history and examines cardiac EKG parameters, pulmonary peak flow, body mass index, visceral and systemic body fat and other parameters. 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.

*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](http://FitDoc.fit) for more information.*